



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES**

**DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES**

**HIGHER DIPLOMA IN COMPREHENSIVE REPRODUCTIVE HEALTH**

**END OF SEMESTER SPECIAL/SUPPLEMENTARY EXAMINATIONS APRIL 2023**

**Course Unit: HDRH 133 Certification Examination Paper 1**

**DATE: 5<sup>TH</sup> APRIL 2023**

**TIME: 2 HOURS**

**START: 2:00PM**

**FINISH: 4:00PM**

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**Instructions**

- 1) This paper has three sections: Section A, Section B and Section C
- 2) Answer **ALL** questions in Section A and Section B and C
- 3) Use the University examination booklets provided
- 4) Re-writing the questions on your answer sheet is unnecessary

## **SECTION A: MULTIPLE CHOICE QUESTIONS MCQs (20 MARKS)**

1. The mode of action for Emergency contraception includes the following; -
  - a) Prevents foetal growth by opening the cervical os
  - b) Prevents implantation by causing histological changes on the endometrium
  - c) Blocks sperm from swimming through the cervix
  - d) Destroys sperm that may be in the female reproductive tract
  
2. The best long-term contraceptive for a 3-week post-partum woman who is breastfeeding her baby and complains of forgetfulness is:
  - a) Male condom
  - b) Combined oral contraceptives
  - c) Progestin only pills
  - d) Intrauterine device
  
3. Men are reluctant to have a vasectomy because of the \_\_\_\_
  - a) Cost of the procedure
  - b) Major surgery involved
  - c) Permanency of the procedure
  - d) Fear of decreased sexual performance
  
4. Emergency contraceptive pills (ECPs) can prevent pregnancy if taken within \_\_\_\_
  - a) 3 to 5 days of intercourse
  - b) 24 hours of intercourse
  - c) 36 hours of intercourse
  - d) 1 to 3 days of intercourse
  
5. Indicate whether the following statements are TRUE (T) or FALSE (F) in the answer sheet provided
  - a) A woman who has weaned her baby but is still breastfeeding can use Lactation Amenorrhea Method (LAM) \_\_\_
  - b) A woman using contraceptive implants and experiences amenorrhea should go for treatment \_\_\_
  
6. A statement that gives general directions to achieve the set objectives is a: -
  - a) Policy
  - b) Standard
  - c) Guideline
  - d) Objective

7. The life skills that enables one to analyse a situation, make an independent decision and give their opinion is: -
- Goal setting
  - Self awareness
  - Critical thinking
  - Coping with stress
8. Lack of confidentiality in adolescent reproductive health counselling is a: -
- Staff Barrier
  - Cultural Barrier
  - Facility Barrier
  - Social Barrier
9. The study of human population, its composition, distribution, density and growth rate is referred to as
- Demography
  - Population
  - Dependency ratio
  - Migration patterns
10. In psychosexual growth and development, late adolescents: -
- Are embarrassed by 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
11. A gender analysis tool largely used in family planning programmes is the:
- Harvard analytical framework
  - Women's empowerment framework
  - Change, accessibility, and perception tool
  - Family Planning guidelines by ministry of health
12. An Reproductive Health programme that recognizes a community's local gender differences, norms, and relations is referred to as gender;
- Accommodative
  - Aware
  - Blind
  - Exploitative
13. Common gender stereotypes associated with men are;
- Dependency, men are leaders, men are supporters
  - Men are leaders, independency, competitiveness
  - Being supportive, being passive, men are leaders
  - Men are emotional, men are brave, competitiveness

14. A sexual dysfunction experienced by both men and women is;
- Orgasmic difficulty
  - Dyspareunia
  - Inhibited sexual desire
  - Frigidity
15. In the testis, testosterone hormone is produced by:-
- Sertoli cells
  - Seminiferous tubules
  - Epididymis
  - Interstitial cells
16. External female genitalia includes:-
- Vulva and labia majoras
  - Vagina and cervix
  - Vagina and vulva
  - Uterus and cervix
17. In the menstrual cycle, the phase that follows menstrual flow (menses) is:-
- Menstrual phase
  - Proliferative phase
  - Ovulation
  - Involution of uterine walls
18. When doing a physical examination on a client, the service provider detects tenderness in the calf muscles. This is suggestive of:-
- Deep venous thrombosis
  - Impending pulmonary embolism
  - Varicosities
  - Circulatory deficit
19. Universal precautions in infection prevention and control apply when:-
- Handling blood and body fluids
  - Providing nursing care to patients confirmed to be COVID -19 positive
  - Providing care to patients with compromised immunity
  - Lifting and moving patients
20. Transmission based precautions: -
- Include handwashing, proper sharp disposal and use of gloves in all patient encounters
  - Apply when handling blood and body fluids
  - Include strategies specific to controlling the spread of a particular disease
  - Are only utilized in critical care units

**SECTION B: SHORT ANSWER QUESTIONS (30 MARKS)**

1. State five (5) limitations/side effects of tubal ligation (5 marks)
2. Outline five (5) Sexual and Reproductive Health needs of late adolescence (5 marks)
3. State five (5) guidelines for handling specimens for forensic analysis in a case of sexual violence (5 marks)
4. Describe three (3) sexual reproductive rights (6 marks)
5. Outline five (5) features of a gynecoid pelvis (5 marks)
6. Describe the components of reverse barrier nursing (4 marks)

**SECTION C: LONG ANSWER QUESTIONS (LAQs) 20 marks**

1. Female genital cutting (FGC) is practiced in some parts of Kenya.
  - a) Outline the degrees of FGC (4 marks)
  - b) Describe the immediate complications associated with FGC (8 marks)
  - c) State three (3) strategies for preventing/eliminating FGM/C (3 marks)