



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES
KENYA REGISTERED COMMUNITY HEALTH NURSING
END OF JANUARY-APRIL SEMESTER EXAMINATIONS 2023**

DNS 213: SEXUAL AND REPRODUCTIVE HEALTH AND FAMILY PLANNING

DATE: THURSDAY 13TH APRIL 2023

TIME: 2 Hours

Start: 1400 HOURS

Finish: 1600 HOURS

INSTRUCTIONS

- 1. This exam will be marked out of 70 Marks**
- 2. ALL Questions are compulsory.**
- 3. The Examination has Three Sections: Section I- Multiple Choice Questions, Section II: Short Answer Questions, Section III: Long Essay Questions**
- 4. Answer all Questions in the ANSWER BOOKLET provided**
- 5. Do Not write anything on the question paper -use the back of your booklet for rough work if need be.**

SECTION I: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. Gender is defined as:-
 - a. Female rights
 - b. Either Male or Female
 - c. Varies from one culture to another
 - d. Bisexuality

2. The following is a short term complication of female genital mutilation:-
 - a. Keloids
 - b. Infertility
 - c. Infection
 - d. Fetal distress

3. The cyclic rise in basal body temperature (BBT) in women of reproductive age is as attributed to the hormone:-
 - a. Estrogen
 - b. Progesterone
 - c. Estradiol
 - d. Luteinizing hormone

4. The following is a combined oral contraceptive
 - a. Microlut
 - b. Chaguo langu
 - c. Postinor II
 - d. Micronor

5. Copper T 380A intrauterine copper device should be replaced once after:-
 - a. 4 years
 - b. 8 years
 - c. 12 years
 - d. 5 years

6. The mode of action of combined oral contraceptives is:-
 - a. Inhibiting or slowing down the transportation of egg and sperm through the fallopian tubes which prevents fertilization.
 - b. Delay or inhibit ovulation as FSH production is suppressed, which inhibit maturation of ovarian follicles.
 - c. Mucus is too thick to be by penetrated by the sperm
 - d. Ovum motility is increased in fallopian tubes hence reaches the uterus prematurely

7. Indicate whether True (T) or False (F) for the below statements (½ Mark each)
 - a. Vasectomy is synonymous with castration
 - b. A man who has sexual intercourse one week after a vasectomy cannot impregnate their partner

8. When using combined oral contraceptive (COCs) pills, in case 2 pills in a row missed in the first week of the pack the client should:-
- Continue taking pills as usual
 - Take 2 pills per day for 2 days then continue with a single pill daily
 - Stop using the COCs and switch to another method immediately
 - Take a pill as soon as possible, finish all the hormonal pills in the pack and start new pack the next day.
9. One of the following is an artificial family planning method:-
- The rhythm or calendar method
 - Vaginal sponge
 - The basal body temperature
 - The cervical mucus method (Billings ovulation)
10. The family planning method recommended for a couple planning to space their children for 5 years is:-
- Tubal ligation
 - IUCD
 - Combined oral contraceptives
 - Depo Provera
11. The following is a factor facilitating women empowerment:-
- Male chauvinism
 - Education of women
 - Patriarchal societal systems
 - Cultural practices and traditions
12. Progesterone only oral contraceptives may help prevent :-
- Endometrial cancer, pelvic inflammatory disease, trichomoniasis
 - Pelvic inflammatory disease, ovarian cancer, candidiasis
 - Benign breast lump, pelvic inflammatory disease, Endometrial cancer
 - Trichomoniasis, benign breast lump, Endometrial cancer
13. Following coitus, hormonal emergency contraceptives must be taken within :-
- 120 hours
 - 72 hours
 - 180 hours
 - 48 hours
14. The following is a benefit of gender equality:-
- Rivalry between men and women
 - Necessary for sustainable human development
 - Favors female gender
 - Promotes property inheritance by males only

15. The following is a form of sexual violence:-
- Engaging in sexual intercourse with other partners when in a committed intimate relationship
 - Financial control of intimate partners
 - Rape
 - Wife battering
16. The condition for which combined oral contraceptives (COCs) are contraindicated is:-
- Anemia
 - Hypertension
 - Dysmenorrhea
 - Acne
17. The following is FALSE regarding depo Provera :-
- Return of fertility is immediate after stoppage
 - It is able to protect against fibroids
 - It is a 3 monthly injectable but can be given 2 weeks or 1 week later
 - It makes the lining of the uterus less thick in blood, making implantation impossible
18. The following is NOT an equipment used in insertion of an Intra Uterine Contraceptive Device (IUCD) :-
- Sponge holding forceps, Cusco speculum
 - Uterine sound, artery forceps
 - Uterine retractor, uterine sound
 - Tenaculum, Cusco speculum
19. The following is a form of gender discrimination:-
- Equal opportunities to both male and female
 - Opportunities to both male and female
 - Offering resources and opportunities equally to both males and females
 - Elder abuse
20. The 'peak day' when using the cervical mucus method is:-
- The last day of slippery, clear and wet mucus
 - Immediately after menstrual bleeding.
 - When any type of mucus is observed before ovulation
 - During menstruation

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

1. State five (5) advantages of family planning to the nation (5 Marks)
2. Explain two (2) actions to take in the event the following side effects of progestin only pills (POPS) occur (4 Marks)
 - a. Heavy bleeding
 - b. Amenorrhea
3. State three (3) types of implants indicating the following for each:
 - a. The hormone it contains
 - b. Number of rods
 - c. Duration of effectiveness (6 Marks)
4. Describe four (4) types of Female Genital Mutilation (8 Marks)
5. Describe the physiology of lactational amenorrhea method of family planning, indicating three (3) advantages of this form of family planning (4 Marks)
6. State three (3) limitations associated with tubal ligation (3 Marks)

SECTION III: LONG ANSWER QUESTIONS (20 MARKS)

1. Mrs. K has visited the family planning clinic, wishing to commence a family planning method. She has never used any family planning method before.
 - a. Explain the steps you will use to counsel Mrs. K (6 Marks)
 - b. Mrs. K opts to use IUCD, explain the mode action of non-hormonal IUCD (5 Marks)
 - c. State 4 types of IUCD and their duration of effectiveness(4 Marks)
 - d. Outline the instructions you will give Mrs. K after the insertion of IUCD (5marks)