



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES  
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES  
BACHELOR OF SCIENCE IN MIDWIFERY  
END OF SEMESTER SEPTEMBER DECEMBER 2023 EXAMINATIONS**

**COURSE NAME AND CODE: BSM 115 PRECONCEPTION HEALTH AND CARE**

**DATE: 14-DECEMBER-2023**

**Duration: 2 HOURS**

**Start: 9:00AM**

**Finish: 11:00AM**

**INSTRUCTIONS**

1. This exam is out of 70 marks
2. This Examination comprises **THREE** parts. **PART I:** Multiple Choice Questions (20 marks) **PART II:** Short Answer Questions (30 marks) and **PART III:** Long Answer Questions (20 marks)
3. Answer **ALL** Questions.
4. Do Not write anything on the question paper -use the back of your booklet for rough work if need be.

**PART I: MULTIPLE CHOICE QUESTIONS**

**20 MARKS**

1. Folic acid supplementation is recommended in pregnancy to prevent: -
  - A. Neural tube defects
  - B. Cerebral palsy
  - C. Congenital heart disease
  - D. Intrauterine foetal growth retardation
  
2. The negative foetal outcome associated with father's age of above 50 years is: -
  - A. Low birth weight
  - B. Prematurity
  - C. Still birth
  - D. Chromosomal abnormalities
  
3. Diabetic control is important before conception to reduce incidence of which negative outcome in a foetus: -
  - A. Fetal microsomia
  - B. Low birth weight
  - C. Congenital heart disease
  - D. Foetal hypoxia
  
4. The recommended body mass index (BMI) of a woman before conception is: -
  - A. Below 18.5
  - B. 18.6 to 24.9
  - C. 25.0 to 29.9
  - D. Above 30.0
  
5. Maternal risk factor associated with neonatal infections include: -
  - A. Diabetes mellitus
  - B. Maternal gonorrhoea
  - C. Maternal anemia
  - D. Gestational hypertension
  
6. The most fertile age of a woman is between: -
  - A. 13 to 19 years
  - B. 20 to 30 years
  - C. 30 to 40 years
  - D. Above 40 years
  
7. The best timing for a reproductive health plan should be: -
  - A. Just before pregnancy
  - B. In between pregnancies
  - C. Early reproductive years
  - D. After achieving career goals

8. High dose of vitamin A is discouraged in a woman trying to get pregnant because it increases risk of: -
- A. Congenital abnormalities
  - B. Anemia in pregnancy
  - C. Low birth weight
  - D. Intrauterine growth retardation
9. Antibiotics safe in early pregnancy include: -
- A. Aminoglycosides
  - B. Tetracyclines
  - C. Quinolones
  - D. Penicillins
10. A common effect of hypertension on the fetus is: -
- A. Low birth weight
  - B. Fetal macrosomia
  - C. Fetal hyperglycemia
  - D. Fetal hypoglycemia

**For Q11 to 20 indicate whether the following statements are TRUE or FALSE: -**

11. Preconception health only matters if one has health problems \_\_\_\_\_
12. Unplanned pregnancy is at great risk of both preterm and low birth weight \_\_\_\_\_
13. Only pregnant women should take folic acid \_\_\_\_\_
14. A woman trying to become pregnant should avoid over the counter drugs \_\_\_\_\_
15. Spacing between pregnancies does not affect outcome of pregnancy \_\_\_\_\_
16. All men of reproductive age require preconception care \_\_\_\_\_
17. A woman trying to conceive should take alcohol in moderation \_\_\_\_\_
18. Obesity affects fertility of men and women \_\_\_\_\_
19. Sudden infant death syndrome is common in babies born by smoking mothers \_\_\_\_\_
20. A couple who have given birth to a baby with congenital abnormality should be referred for genetic counselling \_\_\_\_\_

**PART II: SHORT ANSWER QUESTIONS**

**30 MKS**

1. State six (6) factors that hinder utilisation of preconception care (6 Marks)
2. Outline any six (6) CDC recommendations on preconception care (6 Marks)
3. List six (6) neonatal physical defects caused by maternal alcohol use (3 Marks)
4. Outline six (6) evidence-based interventions for interpersonal violence (6 Marks)
5. State six (6) effects of pregnancies in teenagers on the foetus/neonate (6 Marks)
6. Enumerate six (6) laboratory tests that can be done in preconception risk assessment (3 Marks)

**PART III: LONG ANSWER QUESTIONS**

**20 MARKS**

1. Mr. and Mrs. P. are newlywed and have come to the health facility seeking preconception care and indicate they plan to start child bearing after five years;
  - a) Outline the benefits of reproductive health plan (4 Marks)
  - b) Highlight the keys aspects you will assess during the health history (8 Marks)
  - c) Explain the health promotion services you will accord Mr. and Mrs. P. (8 Marks)