



**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 CODE AND TITLE: BSM 321 FAMILY PLANNING (UPGRADING)

DATE: 6-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** Sections. Section I: Multiple Choice Questions (20 marks) Section II: Short Answer Questions (30 marks) and Section 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.

SECTION I: MULTIPLE CHOICE QUESTIONS (MCQS)

20 MARKS

1. The following is true about the role of a nurse in provision of family planning **EXCEPT**: -
 - a) Assess for Medical Eligibility
 - b) Select for a client the most appropriate method
 - c) Provide information on contraceptive methods
 - d) Refer the client for targeted services

2. Limitations of condom use include the following: -
 - a) Condoms are provider-dependent
 - b) Cannot be used with oil-based lubricants
 - c) All men and women are eligible to use condoms
 - d) They have no effect on reduction of risk for cervical cancer

3. Standard Days Method: -
 - a) Are more than 60% effective with typical use
 - b) Recognizes days of ovulation based on mucus characteristics
 - c) Is dependent on a thermal shift for effectiveness
 - d) Can be monitored using cycle beads

4. Alice is 23 years old, HIV positive lady with a 4-week-old infant on exclusive breastfeeding. A contraceptive method that would **NOT** be recommended for her use includes: -
 - a) Combined oral contraceptive pills
 - b) Depo Provera injection
 - c) Implanon
 - d) Copper IUCD

5. The following are ways of ruling out pregnancy in a family planning client except: -
 - a) Is within 14 days post abortion
 - b) Has had a baby in the last 6 weeks
 - c) Has been using a method of contraception
 - d) Is within 5 days of the start of a normal period

6. The following statement is correct regarding Medical Eligibility Criteria (MEC) Category II: -
 - a) The method is not recommended where clinical judgement is not adequate
 - b) The method can be used with close follow-up in some cases
 - c) There is no restriction on the use of the contraceptive method
 - d) The method is only recommended if there are no available alternatives

7. A method of contraception that can be administered by a Community Based Family Planning Provider in Kenya is: -
- Intrauterine Contraceptive Device
 - Depo Provera Injection
 - Implants
 - Spermicides
8. The most appropriate action for a client on Depo Provera injection who reports 10 days after her scheduled date and wishes to continue with the same method is: -
- Advise her to return to the clinic as soon as her menses resume
 - Administer the Depo Provera during this visit
 - Send her to the lab for a pregnancy test
 - Administer emergency contraceptive pills
9. Bilateral tubal Ligation is a surgical method of contraception that: -
- Is 97% effective when used correctly
 - Has no effect on lactation
 - Causes alteration of libido
 - Increases risk of pelvic inflammatory disease
10. The standard dosage of Microgynon for emergency contraception is: -
- 2 pills taken within 120 hours of unprotected sex and then a repeat 2 pills after 12 hours.
 - 4 pills taken within 120 hours of unprotected sex and then a repeat 2 pills after 12 hours.
 - 8 pills taken within 120 hours of unprotected sex and then a repeat 8 pills after 12 hours.
 - 4 pills taken within 120 hours of unprotected sex and then a repeat 4 pills after 12 hours.
11. The billings ovulation method is based on: -
- Tracking days of the menstrual cycle to identify the start and end of the fertile period
 - Changes in the cervical mucus to identify infertile and fertile days
 - Monitoring body temperature at the same time each morning to detect fertile period
 - Cycle beads to monitor cycle length and identify fertile period
12. Progestin only pills are contraindicated in: -
- Breastfeeding mothers from four weeks postpartum
 - Post-abortion clients
 - Women who smoke cigarette
 - Women with breast cancer

13. The duration of effectiveness of Copper T 380 A is: -
- 3 years
 - 5 years
 - 8 years
 - 12 years
14. The contraceptive method associated with prolonged delay in return to fertility is: -
- Contraceptive implants
 - Combined oral contraceptives
 - Depot-medroxyprogesterone acetate intramuscular injection (DMPA)
 - Intrauterine contraceptive devices
15. The advice you would give to a client who misses combined oral contraceptive (COC) pills for 1 to 2 days in a row is to: -
- Take a hormonal pill as soon as possible
 - Use a back-up method for the next 7 days
 - Start a new pack of COC the next day
 - Take emergency contraceptive
16. Women with the following conditions are eligible for Copper IUD use: -
- Women with pelvic inflammatory disease
 - Women with fibroids distorting the uterine cavity
 - Women with puerperal sepsis or immediately post-septic abortion
 - Women with uncomplicated or complicated Diabetes Mellitus
17. In provision of family planning services, clients have a right to: -
- Privacy and development
 - Training and development
 - Informed choice and safety of services
 - Supportive supervision and management
- Q18. The contraceptive methods that can be provided during intrapartum care are: -
- Contraceptive implant and bilateral tubal ligation
 - Intrauterine contraceptive device and bilateral tubal ligation
 - Progestin only pills and Intrauterine contraceptive device
 - Contraceptive implant and Intrauterine contraceptive device
- Q19. Indicate whether the following statements are **TRUE or FALSE**: -
- All hormonal contraceptives have a negative effect on milk production _____
 - Lactational amenorrhea method (LAM) provides less than 98 percent protection from pregnancy _____
- Q20. Indicate whether the following statements are **TRUE or FALSE**: -
- Children are more likely to survive if born two or more years after the preceding birth _____
 - Coitus interruptus is not recommended among couples with regular sexual intercourse _____

SECTION II: SHORT ANSWER QUESTIONS (30 MKS)

1. State FIVE (5) contraceptive benefits of copper intrauterine contraceptive device (IUCD) (5 Marks)
2. State FIVE (5) factors hindering uptake of family planning services (5 Marks)
3. State FIVE (5) limitations of progestin only pills (5 Marks)
4. Outline FIVE (5) ways in which you can be reasonably sure a client seeking family planning service is **NOT** pregnant. (5 Marks)
5. State all FIVE (5) criteria that **MUST** be met for effective use of lactational amenorrhea method (LAM) (5 Marks)
6. Outline four (4) health messages you will provide to a client who chooses to use combined oral contraceptive pills (5 Marks)

SECTION III: LONG ANSWER QUESTIONS (20 MKS)

Q1. Madam M. para 3+0 comes to your family planning clinic and wishes to a family planning method:-

- a) Using GATHER approach, take Madam M. through family planning counselling (12 Marks)
- b) After counselling, madam M wishes to adopt contraceptive implant.
Outline mechanism of action of Contraceptive Implants (3 Marks)
- c) State five (5) non- contraceptive benefits of implants (5 Marks)