



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
KENYA REGISTERED COMMUNITY HEALTH NURSING
END OF SEMESTER EXAMINATIONS**

DNS 213: SEXUAL REPRODUCTIVE HEALTH AND FAMILY PLANNING

DATE: WEDNESDAY 13TH DECEMBER 2023

DURATION : 2 HOURS

START:0900 HOURS

FINISH: 1100 HOURS

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 (20 Marks)

1. Kenya emerged as a leader in development after launching the first official nationwide family planning program in Sub-Saharan Africa in: -
 - A. 1976
 - B. 1967
 - C. 1980
 - D. 1978

2. Family planning counselling should be done: -
 - A. During pregnancy
 - B. After an abortion
 - C. To adolescents
 - D. All the above

3. Coitus interruptus: -
 - A. Protects against STIs
 - B. Is recommended for those who have frequent coitus
 - C. Is a barrier method of contraception
 - D. Does not affect breastfeeding

4. Post coitus, sperm deposited in the woman's reproductive tract remains viable for up to: -
 - A. 24 hours
 - B. 5 days
 - C. 72 hours
 - D. 7 days

5. During ovulation, the cervical mucus is: -
 - A. Dry
 - B. White and curd like
 - C. Brittle
 - D. Stretchy

6. One of the criteria that must be met for lactational amenorrhea to be effective is: -
 - A. Breastfeeding every 4 to 6 hours
 - B. Less than 12 months postpartum
 - C. Infrequent coitus
 - D. Combination with other methods

7. A situation in which one relates to the body and various the various senses in a sexual way is known as: -
- A. Sexualization
 - B. Sensuality
 - C. Intimacy
 - D. Sexual orientation
8. Progestin only pills: -
- A. Make women infertile after long term use
 - B. Cause diarrhea in breastfeeding babies
 - C. Reduce the risk of ectopic pregnancies
 - D. Affect the production of milk in lactating mothers
9. Once a combined oral contraceptive is missed: -
- A. Continue to take your pills as normal
 - B. Use condoms for the next 7 days
 - C. Take the missed pill as soon as you remember
 - D. Start the cycle all over again
10. A combined contraceptive patch cannot be placed on the: -
- A. Breasts
 - B. Upper arm
 - C. Abdomen
 - D. Lower back
11. Emergency contraceptive pills: -
- A. Induce an abortion
 - B. Cause birth defects if pregnancy occurs
 - C. Do not make women infertile
 - D. Are harmful to a woman's health
12. Ulipristal Acetate: -
- A. Increases endometrial thickness
 - B. Is taken in two doses
 - C. Is a progestin only emergency contraceptive
 - D. Suppresses ovulation
13. Copper intrauterine devices: -
- A. Are the most effective form of emergency contraception
 - B. Increase the risk of contracting STIs
 - C. Cause cancer
 - D. Increase the risk of ectopic pregnancies

14. Communicating that men are more courageous than women is a form of: -
- A. Gender discrimination
 - B. Gender stereotyping
 - C. Gender roles
 - D. Gender analysis
15. Gender dysphoria is when: -
- A. Gender identity differs from sex
 - B. Same sex attraction
 - C. Opposite sex attraction
 - D. Lack of attraction to any sex
16. Factors influencing sexuality do not include: -
- A. Race
 - B. Disability
 - C. Age
 - D. Genes
17. Intimacy involves: -
- A. Flirting
 - B. Body image
 - C. Sharing
 - D. Fantasy
18. The process of being fair to both men and women is referred to as: -
- A. Gender equality
 - B. Gender balance
 - C. Gender equity
 - D. Gender responsiveness
19. Sexualization involves: -
- A. Flirting
 - B. Loving
 - C. Fantasy
 - D. Vulnerability
20. One of the following is true: -
- A. Combined oral contraceptives disrupt an existing pregnancy
 - B. Progestin only pills increase the risk of pelvic inflammatory disease
 - C. Implants increase the risk of breast cancer
 - D. Hormonal intrauterine devices cause birth defects

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

1. Outline FOUR (4) components of sexuality. (4 Marks)
2. Distinguish between sex and gender (4 Marks)
3. Outline SIX (6) sexual rights (6 Marks)
4. State SIX (6) factors influencing sexuality (6 Marks)
5. Define family planning (2 Marks)
6. State FOUR (4) objectives of family planning according to WHO (4 Marks)
7. State the stages of balanced counselling strategy in family planning (4 Marks)

SECTION III: LONG ANSWER QUESTION (20 MARKS)

1. With regards to family planning;
 - a. Outline the barriers to accessing and using contraception (8 Marks)
 - b. Discuss the hormonal methods of family planning (12 Marks)

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