



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

DNS 213: SEXUAL AND REPRODUCTIVE HEALTH AND FAMILY PLANNING

DATE:

TIME: 2 Hours

Start: 0900 HOURS

Finish: 1100 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. The typical "break" period for Combined Oral Contraceptives (COC) users during a 28-day pill pack cycle is:-
 - A. 7 days
 - B. 10 days
 - C. 14 days
 - D. COCs are taken continuously without a break

2. When 2 pills in a row missed in the first week of a pack , for a client on combined oral contraceptive (COCs) pills, the appropriate action is to:-
 - a. Continue taking pills as usual
 - b. Take 2 pills per day for 2days then continue with a single pill daily
 - c. Stop using the COCs and switch to another method immediately
 - d. Take a pill as soon as possible, finish all the hormonal pills in the pack and start new pack the next day.

3. The most common side effect of Combined Oral Contraceptives (COCs) is:-
 - A. Weight gain
 - B. Irregular menstrual bleeding
 - C. Increased risk of blood clots
 - D. Headaches

4. The Natural Family Planning method that relies on tracking the position and firmness of the cervix to determine fertility is known as :-
 - A. Basal Body Temperature Method
 - B. Billings Ovulation Method
 - C. Two Day Method
 - D. Symptothermal Method

5. The following is a contraindication for Intrauterine contraceptive Device (IUCD) use:-
 - A. Nulliparity
 - B. History of ectopic pregnancy
 - C. Regular menstrual cycles
 - D. Being over 40 years old

6. The copper Intrauterine contraceptive Device (IUCD) prevents pregnancy by:-
- A. Thickening cervical mucus
 - B. Preventing ovulation
 - C. Inhibiting sperm motility and viability
 - D. Thinning the uterine lining
7. According to the World Health Organisation's Medical eligibility criteria for contraceptive use, clients categorized to be in Medical eligibility criteria category 3 for a particular method should:
- A. Use the method with no restriction
 - B. Not use the method
 - C. Use method with precautions
 - D. Delay in using the method
8. The BEST contraceptive method for a woman who wishes to have a reliable contraceptive immediately after birth and also plans to breastfeed is:-
- A. Condoms
 - B. Intrauterine device
 - C. Combined oral contraceptive
 - D. Combined injectable contraceptive
9. Indicate whether true (T) or (F) false for the statements below:-
- A. Monophasic combined oral contraceptives have equal amounts of estrogen and progesterone
 - B. Progesterone hormone causes the basal body temperature to rise
10. A non-contraceptive related benefit of lactational amenorrhea method to the mother is:-
- A. Decreased intrapartum bleeding following delivery
 - B. Maternal bonding with the baby immediately after delivery of placenta
 - C. Best source of nutrition to the mother and baby
 - D. Postpartum uterine involution is facilitated
11. Following coitus, emergency hormonal contraceptives must be taken within :-
- A. 120 hours
 - B. 72 hours
 - C. 180 hours
 - D. 48 hours

12. The following is a benefit of gender equality:-
- A. Rivalry between men and women
 - B. Necessary for sustainable human development
 - C. Favors female gender
 - D. Promotes property inheritance by males only
13. The following is a form of sexual violence:-
- A. Engaging in sexual intercourse with other partners when in a committed intimate relationship
 - B. Financial control of intimate partners
 - C. Rape
 - D. Wife battering
14. The condition for which combined oral contraceptives (COCs) are contraindicated is:-
- A. Anemia
 - B. Hypertension
 - C. Dysmenorrhea
 - D. Acne
15. The following is FALSE regarding depo Provera :-
- A. Return of fertility is immediate after stoppage
 - B. It is able to protect against fibroids
 - C. It is a 3 monthly injectable but can be given 2 weeks or 1 week later
 - D. It makes the lining of the uterus less thick in blood, making implantation impossible
16. The following is NOT an equipment used in insertion of an Intra Uterine Contraceptive Device (IUCD) :-
- A. Sponge holding forceps, Cusco speculum
 - B. Uterine sound, artery forceps
 - C. Uterine retractor, uterine sound
 - D. Tenaculum, Cusco speculum
17. The following is a form of gender discrimination:-
- A. Equal treatment of members of a group regardless of ethnic background
 - B. Promotion at work based on gender
 - C. Equitable treatment of male and female members of a group
 - D. Elder abuse

18. 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
19. Gender is defined as:-
- The Biological sex of an individual
 - Socially constructed norms, behaviours and roles associated with men ,women , boys and girls
 - Equitable treatment of women in male dominated and patriarchal societies
 - Rights of an individual based on the sex
20. The following is a short term complication of female genital mutilation:-
- Keloids
 - Infertility
 - Infection
 - Painful deliveries and increased risk of fetal distress during labour

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

- List four (4) indications for implant removal (2 Marks)
- State five (5) limitations of Injectable Contraceptives (5 Marks)
- State five (5) contraceptive benefits of Tubal-Ligation (5 Marks)
- Describe four (4) types of Female Genital Mutilation (8 Marks)
- State five (5) physical consequences of gender issues on reproductive health (5 Marks)
- State five (5) key instructions for use of the male condom (5 marks)

SECTION 3: LONG ANSWER QUESTION (20MARKS)

- Mr. Y a 45-year-old man is scheduled for Male sterilization (vasectomy).
 - State five (5) myths and misconceptions associated with male sterilization. (5 Marks)
 - Describe five (5) possible side-effects Mr. Y is likely to experience following the Vasectomy procedure indicating how each side-effect is managed (10 marks)
 - Outline five (5) key health messages you will share with Mr. Y before discharge (5 Marks)