



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES
KENYA REGISTERED COMMUNITY HEALTH NURSING
END OF SEMESTER MAY- AUG 2024 EXAMINATIONS**

**COURSE CODE AND TITLE: DNS 213: SEXUAL AND REPRODUCTIVE
HEALTH AND FAMILY PLANNING**

DATE: Wednesday 7th August 2024

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 combined oral contraceptive pill may cause:-
 - A. Menorrhagia
 - B. Ovarian Cancer
 - C. Nausea and breast tenderness
 - D. Permanent infertility

2. Kenya launched the first official nationwide family planning program in sub-Saharan Africa in:-
 - A. 1978
 - B. 1998
 - C. 2010
 - D. 1967

3. The type of female genital mutilation known as excision involves:-
 - A. Cutting the clitoris and all or part of the labia minora
 - B. Mutilating the clitoral hood
 - C. Burning, pricking and piercing the female genitalia
 - D. Cutting the clitoris, labia minora and labia majora

4. Sexuality refers to :
 - A. The person an individual has sexual intercourse with
 - B. Sexual feelings and attractions
 - C. The frequency of sexual intercourse
 - D. Matters concerning reproduction

5. The following is a criteria that must be met by a client wishing to use the Lactational Amenorrhea method of contraception:
 - A. Breastfeeds at an interval of 8hrs
 - B. Amenorrhea regardless of the period postpartum
 - C. Less than 6 months postpartum
 - D. Exclusive breastfeeding at an interval of 10hrs

6. After history taking, the appropriate strategy of counselling on a suitable method of contraception for a first time client is:
 - A. Prescribe the method that the care provide thinks will be best for the client
 - B. Ask the client on preferred method then consider if it is a suitable choice
 - C. Suggest what works best for most clients
 - D. Allow the client to use the method they want

7. Post intercourse, sperms can survive in the woman's body for:
- A. 72 Hours
 - B. 24 Hours
 - C. 4 Days
 - D. 5 Days
8. During ovulation, the cervical mucus is:
- A. Wet and stretchy like egg white
 - B. Creamy like cottage cheese
 - C. Dry and sticky
 - D. Wet and watery
9. Vaginal spermicides;
- A. Are available without prescription
 - B. Have hormonal side effects
 - C. Do not need to be used repeatedly
 - D. Have possible teratogenic effects
10. Lactation is reduced by:
- A. Intrauterine device
 - B. Combined oral contraceptives
 - C. Progestin only pill
 - D. Injectable
11. A birth control patch can be placed on the following parts of the body except: -
- A. Breast
 - B. Upper arm
 - C. Above the glute
 - D. Below the navel
12. Once the progestin only pill is missed:
- A. Start the cycle again
 - B. Use condoms for the next 2 days
 - C. Take the missed pill as soon as you notice and continue with the rest as scheduled
 - D. Take emergency contraception for reinforcement

13. The methods of contraception with the longest return to fertility of up to 10 months after discontinuation of use include :-
- A. Intrauterine device
 - B. Combined oral contraceptives
 - C. Progestin only pill
 - D. Injection type contraceptives
14. One of the following is not a component of sexualization:-
- A. Flirting
 - B. Intimacy
 - C. Seduction
 - D. Sexual harassment
15. Regarding intrauterine devices:
- A. The copper IUD can be used as emergency contraception
 - B. They cause a significant delay to fertility
 - C. They affect lactation
 - D. They increase the risk of uterine cancer
16. The following is FALSE regarding vasectomy :-
- A. Condoms or alternative methods of contraception should be used for upto 3 months following the procedure
 - B. It is performed under local anesthesia
 - C. It is 100% effective
 - D. It is irreversible
17. There is no medical condition that exists for which use of lactational amenorrhea method of contraception is restricted:-
- A. True
 - B. False
18. Emergency contraception:-
- A. Is a method of family planning
 - B. Is contraindicated in hypertension
 - C. Can be used to induce abortions
 - D. Not contraindicated under any circumstances
19. The following is NOT a component of sexual identity:
- A. Biological sex
 - B. Gender identity
 - C. Gender dysphoria
 - D. Sexual Orientation

20. Sensuality involves;

- A. Our level of awareness, acceptance and enjoyment of your own or others' bodies
- B. The degree to which we express and have a need for **closeness** with another person
- C. How we use our sexuality and may include manipulating or controlling others
- D. How we perceive ourselves as sexual beings

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

- 1. Outline the four (4) forms of gender based violence. (8 Marks)
- 2. State four (4) health consequences of female genital mutilation (4 Marks)
- 3. Outline four (4) World Health Organisation (WHO) objectives in Family Planning (4 Marks)
- 4. State three (3) health benefits of family planning to the community (3 Marks)
- 5. Describe the four (4) domains of gender analysis (8 Marks)
- 6. State the three (3) important elements of family planning (3 Marks)

SECTION III: LONG ANSWER QUESTION (20 MARKS)

- 1. Discuss the hormonal methods of contraception stating the benefits, side effects and contraindications of each. (20 Marks)