



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES**

**DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES**

**BACHELOR OF SCIENCE IN MIDWIFERY & REPRODUCTIVE HEALTH**

**END OF SEMESTER EXAMINATIONS AUGUST 2022**

**Course Unit: BSM 321 FAMILY PLANNING**

**Date:**

**Time: 2 Hours**

**Start:**

**Finish:**

---

**Instructions**

- 1) This paper has three sections: Section A, Section B and Section C
- 2) Answer **ALL** questions in Section A and Section B and C
- 3) Use the University examination booklets provided
- 4) Re-writing the questions on your answer sheet is unnecessary

**SECTION A: MULTIPLE CHOICE QUESTIONS (MCQs) (20 marks)**

1. In emergency contraception;-
  - a. Combined oral pills are more effective than progesterone only pills
  - b. Intrauterine device can be used within the first 7 days of unprotected sex
  - c. 2 doses of progesterone only pills taken 12 hours apart are enough
  - d. They protect from pregnancy if taken within 24 hours before sexual intercourse
2. The proportion of the population that is of childbearing age currently using a contraceptive method is;
  - a. Contraceptive prevalence
  - b. Contraceptive prevalence rate
  - c. Family planning rate
  - d. Unmet need for family planning
3. Adverse effects of injectable contraceptive include;
  - a. Heavy bleeding, regular cycle
  - b. Heavy bleeding, loss of weight
  - c. Weight gain, elevated blood pressure
  - d. Light bleeding, amenorrhoea
4. The following client can use an injectable contraceptive method without any restrictions;
  - a. Women with pelvic inflammatory disease
  - b. A woman with cervical cancer
  - c. A breastfeeding woman 4 weeks post-partum
  - d. A woman with a history of a cerebrovascular accident
5. After vasectomy;
  - a. Libido may go down
  - b. One needs a backup method for at least 3 weeks
  - c. The sperms are absorbed by the body
  - d. One is more likely to get prostate cancer

6. The major side effect for the diaphragm is;-
  - a. Toxic shock syndrome
  - b. Vaginitis
  - c. Cervicitis
  - d. Vaginal dryness
7. An Intrauterine contraceptive device can be used as an emergency contraceptive and must be inserted within \_\_\_ of unprotected sex;
  - a. 72 hours
  - b. 7 days
  - c. 1 month
  - d. 5 days
8. The hormone that stimulates ovulation is;
  - a. Oestrogen
  - b. Progesterone
  - c. Follicle Stimulating Hormone
  - d. Luteinizing Hormone
9. In a 28 day hormonal cycle, ovulation occurs on approximately day \_\_\_\_;
  - a. 7
  - b. 14
  - c. 22
  - d. 28
10. If a woman forgets to take the COC pill, she should;
  - a. Take one pill as soon as she remembers
  - b. Wait until the next day and take two pills
  - c. Use another form of contraception for the remainder of the month
  - d. Take two pills as soon as she remembers
11. Changes in monthly bleeding are common for women who use;
  - a. Intrauterine contraceptive device (IUCD)
  - b. Depo-Provera
  - c. Combined oral contraceptive pill

- d. Rhythm/Calendar method
12. The following best describes contraceptive commodity security;
- When products are safe from theft and pilferages
  - When every person is able to afford contraceptives of their choice
  - When every person is able to choose, obtain and use quality essential reproductive health products they need
  - When women are given the freedom to choose contraceptives they desire to use
13. The advantage of male condoms over other forms of birth control is;
- Least chance of failure
  - Best protection against STIs
  - Cheapest to use
  - They are easy to use
14. The following is a barrier method of birth control;
- Diaphragm
  - Intra Uterine Device
  - Withdrawal
  - Sterilization
15. Combined oral contraceptive pill is contraindicated in women who have;
- Cervical cancer
  - Breastfeeding and less than 6 weeks post partum
  - HIV and on ART
  - Blood pressure of 140/90mmHG
16. The statement that is true about Depo-provera is;
- It is a combined injectable
  - It is effective for 14 weeks
  - It is water based
  - It is oil based
17. The following is the most effective contraceptive method;
- Withdrawal
  - Male condoms
  - Implants

- d. Pills
18. Family planning benefit to a family includes;
- a. Reduces overcrowding
  - b. Enables conservation of resources
  - c. Ensures adequate health facilities
  - d. Reduces incidence of abortions
19. A barrier that hinders counselling for family planning is:
- a. Location of facility
  - b. Gender bias
  - c. Lack of resources
  - d. Lack of trained staff
20. The correct order of contraceptives from the most effective to the least effective is;-
- a. Pills, Depo-provera, implants, withdrawal, Intrauterine device
  - b. Implants, intrauterine device, withdrawal, pills, Depo-provera
  - c. Implants, intrauterine device, Depo-provera, pills, withdrawal
  - d. Depo-Provera, Withdrawal, Intrauterine device, pills, implants

**SECTION B: SHORT ANSWER QUESTIONS (SAQs) (30 marks)**

1. Differentiate between the billings method and the Calendar/Rhythm method (4 marks)
2. Describe the management of the IUCD failure (4 marks)
3. State the medical eligibility criteria used to assess choice of contraceptive use (4 marks)
4. State five (5) discharge instructions for a client after IUCD insertion (5 marks)
5. State five (5) limitations of Natural Family Planning methods (5 marks)
6. Explain 4 provider needs when it comes to provision of family planning services (8 marks)

**SECTION C: LONG ANSWER QUESTION (LAQ) (20 marks)**

1. Effective counselling is important in family planning
  - a. Explain three (3) clients' rights considered during family planning counselling (6 marks)
  - b. Describe the GATHER approach to family planning counselling (10 marks)
  - c. State 4 similarities between the GATHER and the REDI approaches to family planning counselling (4 marks)

AMU