



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCE
DEPARTMENT OF REHABILITATION MEDICINE
BACHELOR OF SCIENCE IN PHYSIOTHERAPY
END OF JAN-APRIL 2025 TRIMESTER EXAMINATIONS**

UNIT CODE: PHT 431

UNIT NAME: Monitoring and evaluation (Main exam)

DATE: 10th December 2025

TIME: TWO HOURS

START: 6pm STOP : 8pm

INSTRUCTIONS (physical exams)

1. Do not write on this question paper
(Marks and questions distribution as per program curriculum.)

INSTRUCTIONS (Online examinations)

1. This exam is marked out of 70 marks
2. This Examination comprises 3 Sections
3. This online exam shall take 2 Hours
4. Late submission of the answers will not be accepted
5. Ensure your web-camera is on at all times during the examination period
6. No movement is allowed during the examination
7. Idling of your machine for 5 min or more will lead to lock out from the exam
8. The Learning Management System (LMS) has inbuilt integrity checks to detect cheating
9. Any aspect of cheating detected during and or after the exam administration will lead to nullification of your exam
10. In case you have any questions call the invigilator for this exam on Tel. 0705833434 and or the Head of Department on Tel 0720491032
11. For adverse incidences please write an email to: amiu.examinations@amref.ac.ke

Section A Answer ALL Questions (30 marks)

Q1. What is the primary purpose of baseline data in monitoring and evaluation?

- A) To report final results of a project
- B) To gather information before a project starts to help plan and measure progress later
- C) To evaluate the long-term impact of a program
- D) To monitor financial expenditures only

Q2. Which of the following best describes 'efficiency' in monitoring and evaluation?

- A) How well a program meets its long-term goals
- B) The accuracy of measurements used in evaluation
- C) How well resources like time, money, and expertise are used to produce results
- D) The sustainability of a program after funding ends

Q3. Formative evaluation is typically conducted:

- A) After a program has been completed
- B) During the development or early implementation of a program
- C) Exclusively in controlled research settings
- D) Only when a program has failed to meet its objectives

Q4. Which type of monitoring is focused on tracking the environment in which a project operates, including risks and external factors?

- A) Financial Monitoring
- B) Impact Monitoring
- C) Context Monitoring
- D) Beneficiary Monitoring

Q5. In the context of health systems strengthening, the six WHO health system building blocks include all of the following EXCEPT:

- A) Leadership and Governance
- B) Service Delivery

- C) Community Engagement
- D) Health Information Systems

Q6. What is the main distinction between monitoring and evaluation?

- A) Monitoring is conducted at the end of a project; evaluation is ongoing
- B) Monitoring tracks ongoing activities; evaluation assesses overall effectiveness at specific milestones or after completion
- C) Monitoring is only qualitative; evaluation is only quantitative
- D) There is no real difference; they are interchangeable terms

Q7. Which of the following is an example of a social protection intervention in health system management?

- A) Environmental impact assessment
- B) Health insurance coverage programs
- C) Medical product regulation
- D) Waste management practices

Q8. What is the purpose of an evaluation criteria like 'relevance'?

- A) To measure the long-term impact of a program
- B) To compare planned activities with actual achievements
- C) To assess how well the project addresses the actual needs of beneficiaries and aligns with stakeholder priorities
- D) To analyze the cost-effectiveness of resource utilization

Q9. Which role is NOT typically associated with a project health manager in monitoring and evaluation?

- A) Leading and motivating the team
- B) Developing national health policies
- C) Tracking project progress
- D) Managing resources and stakeholder expectations

10. Which type of evaluation occurs after a program has officially ended and may be conducted one, three, or five years later?

- A) Formative Evaluation
- B) Process Evaluation
- C) Ex-post Evaluation
- D) Outcome Evaluation

Q11. What is the primary purpose of a Monitoring and Evaluation (M&E) system?

- A) To replace project planning and implementation
- B) To coordinate activities for planning, data collection, analysis, reporting, and decision-making to improve projects
- C) To solely collect data without analyzing or reporting it
- D) To ensure compliance with legal regulations only

Q12. Which component is NOT typically part of an M&E system?

- A) Selection of indicators covering inputs, process, outputs, outcomes, impact, and exogenous factors
- B) Collection and analysis of data based on indicators
- C) Implementation of unrelated policies
- D) Reporting and using information to improve work

Q13. In the steps for planning an M&E system, what is the first step?

- A) Establishing the purpose and scope of M&E
- B) Assessing the existing readiness and capacity for monitoring and evaluation
- C) Selecting indicators
- D) Involving stakeholders throughout the process

Q14. Which principle of M&E emphasizes involving all stakeholders, including health professionals, patients, community members, and policymakers?

- A) Clarity of objectives
- B) Use of appropriate methods
- C) Inclusivity

D) Data quality

Q15. Why is it important to develop an M&E plan before starting the evaluation process?

A) To ensure data is collected randomly

B) To clarify what questions the program needs to answer, how to collect and analyze data, and how to disseminate results

C) To avoid stakeholder involvement

D) To limit the scope of evaluation activities

Q16. In developing an M&E plan, what is the purpose of defining process and outcome indicators?

A) To measure only financial expenditures

B) To monitor the implementation of activities and assess the results or impact of the program

C) To eliminate the need for data collection

D) To set unrelated project goals

Q17. Which type of M&E framework illustrates the logical connections between program inputs, activities, outputs, outcomes, and impact?

A) Conceptual Framework

B) Results-based Management Framework

C) Logical Framework (Logframe)

D) Logic Model

Q18. What is a key difference between a logical framework (Logframe) and a logic model?

A) Logframe is a visual diagram; logic model is a detailed matrix

B) Logframe is used mainly in project management for accountability; logic model is broader and used for program design and stakeholder engagement

C) They are the same and interchangeable

D) Logic model is only used in healthcare, while logframe is used in education

Q19. Which stakeholder is LEAST likely to be directly involved in the institutionalization of M&E according to Kenyan guidelines?

- A) The National Ministry of Health
- B) Community-based organizations (CBOs)
- C) Private sector firms unrelated to health
- D) Civil society organizations and development partners

Q20. Linking national health plans to the Millennium Development Goals (MDGs) or Sustainable Development Goals (SDGs) involves all of the following EXCEPT

- A) Ensuring data collection systems meet both national and international standards
- B) Developing separate evaluation frameworks for each goal
- C) Engaging stakeholders at various levels for collaborative monitoring
- D) Using M&E findings for adaptive management and policy adjustments

Q21. What is the primary purpose of data collection in Monitoring and Evaluation (M&E)?

- A) To generate random data for analysis
- B) To gather, measure, and analyze accurate information to evaluate outcomes and predict trends
- C) To replace program planning and management
- D) To only collect financial data

Q22. Before collecting data, which of the following is NOT one of the key questions to answer?

- A) What's the goal or purpose of the program?
- B) What methods and procedures will you use to collect, store, and process the information?
- C) How much funding will be allocated after data collection?
- D) What kinds of delivery do you want to collect?

Q23. Which of the following is a characteristic of high-quality data?

- A) Accuracy
- B) Completeness
- C) Timeliness
- D) All of the above

Q24. Which of the following is an example of a source of data collection?

- A) Record reviews and surveys
- B) Focus group discussions and interviews
- C) Participant observation and photography
- D) All of the above

Q25. What does an indicator measure in Monitoring and Evaluation?

- A) The overall success of a program only
- B) The progress or results of activities against expectations
- C) The funding levels for the program
- D) The political impact of the program

Q26. Which of the following best describes a SMART indicator?

- A) Simple, Measurable, Achievable, Reproducible, Timeless
- B) Specific, Measurable, Achievable, Relevant, Time-bound
- C) Strategic, Medical, Accurate, Realistic, Targeted
- D) Standard, Motivated, Actionable, Reliable, Timed

Q27. Input indicators typically refer to:

- A) Resources invested like funds, staff, and equipment used in a project
- B) The number of activities conducted during implementation
- C) The immediate results or products of activities
- D) Long-term changes in health status

Q28. What is the main focus of impact indicators in a Monitoring & Evaluation system?

- A) Outputs like number of trained staff
- B) Intermediate outcomes such as changes in knowledge or behavior
- C) Changes such as improvements in health status or livelihood
- D) Resources used in program activities

Q29. Which of the following is NOT a typical channel used for Monitoring & evaluation in advocacy and communication?

- A) Face-to-face meetings
- B) Printed materials and reports
- C) Social media platforms such as Facebook
- D) Ignoring stakeholders and only using internal memos

Q30. One of the key limitations of operation research (OR) in healthcare decision-making is:

- A) It focuses only on qualitative problems
- B) It requires high levels of time and cost for implementation
- C) It is only applicable in non-health sectors
- D) It does not involve collaboration with managers or policymakers

Section B. Answer All Questions (20 Marks)

Q31. Explain health building blocks you are aware of in health system management in Kenya. (5 marks)

Q32. Identify a health-related intervention and explain how monitoring and evaluation would enhance its objectives. (5 marks)

Q33. Explain the difference between process monitoring and impact monitoring, giving examples for each. (5 marks)

Q34. Give five reasons why you would use evaluation research in health systems strengthening (5 marks)

Section C, Answer Only One Question (20 Marks)

Q35. Results chain frameworks are invaluable tools in project management and evaluation, helping to map out the sequence of activities, outputs, outcomes, and impacts.

In reference to this, provide a detailed breakdown of the key components you would include in a results chain for a nursing training program. Your response should identify and describe each component, illustrating how they connect to ensure the program's effectiveness. (20 marks)

Q36. The logframe (logical framework) is a hierarchical planning and management tool that outlines the relationship between the overall goal, specific objectives, activities, and their expected results. It helps in designing, monitoring, and evaluating programs effectively.

Provide a detailed breakdown of the key components you would include in a logframe for a malaria control program explaining how they relate to each other to achieve the program's objectives. (20 marks)

Q37. Discuss how you would integrate Monitoring and Evaluation into healthcare system management in Kenya (20 marks).

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