



AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 102106T4COH
Qualification : Assistant community health officer Level 5
Unit Code : HE/CU/CH/CR/02/5/MA
Unit of Competency : Maternal, newborn and child health care

CANDIDATE WRITTEN ASSESSMENT

INSTRUCTIONS TO CANDIDATE

1. The paper consists of TWO sections: A and B
2. Marks for each question are indicated in the brackets.
3. Candidates are provided with a separate answer booklet
4. **DO NOT** write on this question paper.

This paper consists of THREE (3) printed pages

Candidates should check the question paper to ascertain that all the pages are printed as indicated and that no questions are missing.

SECTION A: ANSWER ALL QUESTIONS (40 MARKS)

Answer ALL questions in this section.

1. Define the following terms as used in maternal and child health
 - a) Gravida (2 Marks)
 - b) Parity (2 Marks)
2. An expectant mother X whose cycle is regular had her last menstrual period on 10/10/2025. Outline FOUR methods you can use to calculate her Expected Delivery Date. (4 Marks)
3. During your regular home visits, you encounter a mother with a newborn baby. State FOUR key assessments you will conduct on the baby (4 Marks)
4. Pregnant mother X has had a vaginal delivery that had no complications. Identify FOUR vital signs that you would check on during your postnatal care visits (4 Marks)
5. Injectables are one of the most common family planning methods. State FOUR disadvantages of this method (4 Marks)
6. The Ministry of Health uses various tools to monitor and improve maternal child health. Mention FOUR of these tools used to monitor and improve maternal and child health (4 marks)
7. Birth preparedness is one of the areas that as community health workers we are required to support pregnant mothers in. Outline FOUR components of the mother-baby package (4 Marks)
8. An expectant mother weighs 80kgs. Calculate her BMI where her height is 100 cm (4 Marks)
9. Some children after being immunised may experience negative effects. Identify FOUR categories of adverse effects of immunization (4 Marks)
10. During delivery, the baby's umbilical cord is usually cut. Enumerate FOUR ways of managing the umbilical cord (4 Marks)

SECTION B: STRUCTURED QUESTIONS (60 MARKS)

11. You are facilitating a health education session for pregnant mothers in your catchment area.
- a) Describe FIVE complications of breastfeeding (10 Marks)
 - b) Explain FIVE benefits of breastfeeding to the mother and baby (10 Marks)
12. You are supporting a community-based initiative to support mothers on identifying children with disability early in their life.
- a) Explain FIVE age based developmental milestones for children (10 Marks)
 - b) Describe FIVE danger signs in newborns that might result in disability (10 Marks)
13. Family planning is important as it helps mothers to plan their pregnancies and therefore ensure that they give the body time to heal and recover from a pregnancy
- a) Explain FIVE misconceptions of family planning (10 Marks)
 - b) Discuss FIVE roles of the male partners in family planning (10 Marks)
14. Maternal and perinatal deaths are still a challenge that Kenya faces. One of the key things that the Ministry of Health has strengthened to address this challenge is Antenatal Care Clinics
- a) Explain SIX services that a pregnant woman should receive during the first ANC clinic (12 Marks)
 - b) Discuss FOUR goals of ANC clinics (8 Marks)