



AMREF INTERNATIONAL UNIVERSITY
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: THURSDAY 9TH APRIL 2026

TIME: 2 HOURS

Start: 1115 HOURS

Finish: 1315 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 II: Long Essay Questions
4. Answer all Questions in the ANSWER BOOKLET provided
5. Do not write anything on the question paper
6. Use the back of your booklet for rough work if need be.

SECTION I: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. Gender dysphoria refers to:-
 - A. A gender identity differing from biological sex
 - B. Attraction to individuals of the same sex
 - C. Attraction to individuals of the opposite sex
 - D. Lack of attraction to any sex

2. One of the following is true:-
 - A. Combined oral contraceptives disrupt an existing pregnancy
 - B. Progestin-only pills increase the risk of pelvic inflammatory disease
 - C. Implants increase the risk of breast cancer
 - D. Hormonal intrauterine devices cause birth defects

3. Progestin-only pills:
 - A. in long term use result in infertility
 - B. Causes diarrhea in breastfeeding babies
 - C. Reduce the risk of ectopic pregnancies
 - D. Affect the production of milk in lactating mothers

4. During ovulation, the basal temperature is characterized by: -
 - A. Slight drop and then rises
 - B. Sudden rise and then drops
 - C. Marked rise and remains high
 - D. Marked drop and remains lower

5. One of the following conditions is NOT a cause of female infertility:-
 - A. Anorexia nervosa
 - B. Hypothyroidism
 - C. Obesity
 - D. Hypertension

6. Gender is learned and reinforced by:-
 - A. Socialisation
 - B. The government
 - C. Political influences
 - D. Formal Education

7. Fairness and justice in the distribution of benefits and responsibilities between women and men is referred to as: -
- A. Gender equity
 - B. Gender equality
 - C. Gender inequity
 - D. Gender inequality
8. The contraceptive contraindicated for woman breastfeeding a baby less than 6 months old:-
- A. Microlut
 - B. Depo Provera
 - C. Copper T intrauterine device
 - D. Microgynon
9. The natural method of family planning that involves monitoring changes in cervical mucus and basal body temperature is:-
- A. Withdrawal method
 - B. Standard Days Method
 - C. Lactational amenorrhea method
 - D. Symptothermal method
10. A client on combined oral contraceptives who has missed taking 2 pills in a row in the first week of the pack, should:-
- A. Continue taking pills as usual
 - B. Take 2 pills per day for 2days then continue with single pill daily
 - C. Stop using the COCS and switch to another method immediately
 - D. Take a pill as soon as possible, finish all hormonal pills in the pack and start a new pack the next day
11. Emergency hormonal contraceptive pills must be taken within _____ hours following unprotected sexual intercourse.
- A. 120hours
 - B. 180 hours
 - C. 72 hours
 - D. 48 hours

12. Depo-Provera is :-
- A. A combined injectable
 - B. Effective for 14 weeks
 - C. Is water based
 - D. Is oil based
13. The following is NOT a feature of the Lactational Amenorrhea Method (LAM):-
- A. Menstruation must not have returned.
 - B. The baby must be exclusively breastfed frequently, day and night.
 - C. The baby must be less than six months old
 - D. Progesterin only pills augment contraceptive effects of the method
14. Emergency contraception:-
- A. Is a recommended as a regular method of family planning
 - B. Is contraindicated in nulliparous clients
 - C. Can induce abortions
 - D. Not contraindicated under any circumstances
15. A nurse is instructing a client about billings method should tell her:-
- A. To avoid sexual intercourse during menstrual cycle
 - B. The dry days after menstrual cycle are safe
 - C. To avoid intercourse for the next 3 days after clear, stretchy mucus
 - D. Ensure that the cervical mucus is reported promptly
16. Immediate complications of Female Genital Mutilation/Cutting include: -
- A. Infertility, shock, psychological trauma
 - B. Adhesions, infection, bleeding
 - C. Obstetric fistula, infertility, shock
 - D. Shock, pain, psychological trauma
17. IUD can be used as an emergency contraceptive and must be used within _____ of unprotected sex
- A. 72 hours
 - B. 7 days
 - C. 1 months
 - D. 5 days

18. Sexuality refers to:-
- A. The person an individual has regular sexual intercourse with
 - B. Sexual feelings and attractions
 - C. The frequency of sexual intercourse
 - D. Matters concerning reproduction
19. After offering contraceptive options and history taking, counselling for a suitable method of contraception for a first-time client involves:
- A. Prescribing the method the care provider deems best for client
 - B. Asking client for preferred method, verifying suitability
 - C. Suggesting what works best for most clients
 - D. Allowing the client to use the method they want
20. During ovulation, the cervical mucus is:-
- A. Clear and stretchy like egg white
 - B. Curdled, tacky and opaque like cottage cheese
 - C. Cloudy and runny like milk
 - D. Clear and runny like water

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

1. Define the following terms:
 - a. Reproductive health (1 mark)
 - c. Gender-based violence (1 mark)
 - d. Sexual assault (1 mark)
 - f. Sexual offense (1 mark)
2. State five (5) health messages to be shared with a client due for insertion of intra uterine contraceptive device (IUCD) (5 marks)
3. Outline five (5) objectives of the Kenya Health Policy 2014- 2030 (5 marks)
4. List four (4) indications for implant removal (2 Marks)
5. Outline the four (4) forms of gender-based violence. (4 Marks)
6. Discuss three (3) types of Female Genital Mutilation/Cutting procedures (6 marks)
7. Describe four (4) characteristics of Youth Friendly Services (4 Marks)

SECTION III: LONG ANSWER QUESTION (20 MARKS)

1. Mr. Y, a 45-year-old man, is scheduled for Male sterilization (vasectomy).
 - a. State five (5) myths and misconceptions associated with male sterilization. (5 Marks)
 - b. 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)
 - c. Outline five (5) key health messages you will share with Mr. Y before discharge (5 Marks)

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