



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

**UNIT CODE: PHT 431    UNIT NAME: Monitoring and evaluation (Main Exam)**

**DATE:            13<sup>th</sup> August 2025**

**TIME:            TWO HOURS**

**START:           6PM**

**STOP : 8PM**

**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](mailto:amiu.examinations@amref.ac.ke)

## **Section A. Answer ALL Questions**

1. The different steps of the project or program cycle are:
  - a) Plan, implement, monitor, and evaluate
  - b) Initial assessment, planning, implementation, evaluate
  - c) Initial assessment, planning, implementation, monitoring, evaluate
  - d) Planning, implementing, monitoring, evaluate
  
2. What does a monitoring and evaluation framework include?
  - a) Objectives, assumptions, indicators and a summary of activities
  - b) Objectives and indicators
  - c) Goal and objectives
  - d) Goal, objectives and indicators
  
3. Objectives should be written as:
  - a) Specific, simple, clear and concise statements that describe the intended results to be achieved.
  - b) High-level statements that provide the overall context for M&E; long-term statements that state the ultimate expected impact of a program
  - c) Unquantifiable and needing to be measured
  
4. Frameworks can:
  - a) Help increase understanding of a project's goals and objectives
  - b) Define the relationships among factors key to project implementation
  - c) Reveal the internal and external factors that could affect a project's success
  - d) All of the above
  - e) b and c only
  
5. The five key components of logic models are:
  - a) Inputs, processes, outputs, outcomes, impacts
  - b) Concepts, results, logical, log frame, logic
  - c) Concepts, indicators, outputs, outcomes, impacts
  - d) Indicators, inputs, processes, outputs, results
  
6. Frameworks that show the direct causal relationships between the incremental results of key project activities and the overall objective and goal of the intervention are called:
  - a) Conceptual frameworks
  - b) Results frameworks
  - c) Logic models
  - d) All of the above
  
7. Indicators should be vague, so that people can interpret them to meet their own needs, making them more useful:
  - a) True
  - b) False
  
8. Which of the following is a characteristic of a good indicator?
  - a) Is clearly defined in unambiguous terms
  - b) Produces the same results when used repeatedly to measure the same condition or event
  - c) Measures only the condition or event it is intended to measure

d) All of the above

9. Which of the following is not a long-term outcome to measure in advocacy?

- a) Coalition building
- b) Change in policy
- c) Change in legislation
- d) Budgetary commitments

10. A data collection plan should include:

- a) The timing and frequency of collection
- b) The person/agency responsible for the collection
- c) The types of information needed for the indicators
- d) All of the above

11. Which of the following is an example of a routine data source?

- a) Clinic service statistics
- b) Household surveys
- c) National censuses
- d) All of the above

12. When should the M&E plan be created?

- a) During the design phase of a program
- b) At the midpoint of the program
- c) At the end of the program
- d) After all of the data have been collected but before they are analyzed

13. Evaluations measure:

- a) The timeliness of a program's activities
- b) The outcomes and impact of a program's activities
- c) How closely a program kept to its budget
- d) How well the program was implemented

14. At what stage of a program should monitoring take place?

- a) Beginning
- b) Midpoint
- c) End
- d) Throughout the life of the program

15. Which of the following is NOT considered "monitoring"?

- a) Counting the number of people trained
- b) Tracking the number of brochures disseminated
- c) Attributing changes in health outcomes to an intervention
- d) Collecting monthly data on clients served

16. The M&E plan should never be changed once the program begins:

- a) True
- b) False

17. Monitoring and evaluation both require knowledge of baseline values:

- a) True
- b) False

18. Change in health status (e.g., reduced disease incidence) could be categorized as an:

- a) Outcome
- b) Impact
- c) Input
- d) Output

19. Data quality can be negatively affected by:

- a) Sampling bias
- b) Nonresponse rates
- c) Subjective measurement
- d) All of the above
- e) a and b only

20. The problem statement and goals/objectives should be described in the M&E plan:

- a) True
- b) False

21. Monitoring & Evaluation plans should include:

- a) Detailed indicators description
- b) Data collection plan
- c) Utilization plan for the information
- d) All of the above
- e) a and b only

22. At what stage of an intervention should monitoring take place?

- a) Start of the program
- b) Midpoint
- c) End
- d) Throughout the program lifecycle

23. Project monitoring is sometimes called activity monitoring:

- a) True
- b) False

24. Targets are established for each indicator starting from the baseline level:

- a) True
- b) False

25. The highest levels of indicators are outcome and impact indicators:

- a) True
- b) False

26. Quasi-experimental design relies on random assignment to program or comparison groups:

- a) True
- b) False

27. Which are the steps of the project/program cycle?

- a) Plan, implement, monitor, evaluate
- b) Initial assessment, planning, implementation, evaluate
- c) Initial assessment, planning, implement, monitor, evaluate
- d) Planning, implement, monitor, evaluate

28. Which tools are useful for a situational analysis prior to planning a project/program?

- a) Stakeholder analysis
- b) SWOT analysis
- c) Problem tree analysis
- d) All of the above

29. When organizations adopt a rights-based approaches-focusing on promoting and protecting people's rights they should automatically include advocacy in all their strategic plans:

- a) True
- b) False

30. Process indicators track how successful program activities have been at achieving objectives:

- a) True
- b) False

**SECTION B. ANSWER ALL QUESTIONS (20 MARKS)**

31. Identify 5 reasons why monitoring and evaluation advocacy is important (5marks)

32. Outline the core criteria in the evaluation of Health System Strengthening (5marks)

33. Identify the inputs, outputs outcomes and impact for malaria prevention and control project (5marks)

34. What are the challenges facing the utilization of M&E in healthcare programs? (5marks)

**SECTION C, ANSWER ONLY ONE QUESTION (20 MARKS)**

35a). What are the primary functions of a Monitoring & Evaluation platform? (10 marks)

b) Describe the steps in monitoring and evaluation plan (10marks)

36 a) Describe how operation research could be used to enhance decision making process within the healthcare system (10marks)

b) Briefly discuss the advantages and disadvantages of logical framework (10marks)