



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES**

DEPARTMENT OF REHABILITATION MEDICINE

BACHELOR OF SCIENCE IN PHYSIOTHERAPY

END OF TRIMESTER EXAMINATIONS APRIL MAIN EXAM 2026

UNIT CODE: PHT 431 -

UNIT NAME: MONITORING & EVALUATION

DATE: 8th APRIL 2026 TIME: 2 HOURS START: 9:00AM STOP :11:00AM

INSTRUCTIONS

- 1. All students will have two (2) hours to complete the examination**
- 2. Attempt all questions as per the instruction**
- 3. It is the student's responsibility to report any page and number missing in this paper.**
- 4. Check that the paper is complete**
- 5. Total number of pages is 6 including the cover.**
- 6. Read through the paper quickly before you start.**

SECTION A.

Answer ALL Questions (30 marks)

- Q1. Process indicators track how successful program activities have been at achieving program objectives.
A. True
B. False
- Q2. Conceptual Frameworks are useful for identifying the factors that influence the outcomes of programs.
A. True
B. False
- Q3. Results Chains are often derived from conceptual models
A. True
B. False
- Q4. Indicators are typically taken directly from the Logframe framework and must be directly related to the result they are measuring.
A. True
B. False
- Q5. The use of evaluation research is to solve practical problems
A. True
B. False
- Q6. In quasi-experimental designs, individuals in the control or comparison group may have similar qualities and characteristics as the individuals in the intervention group
A. True
B. False
- Q7. Evaluation research is primarily concerned with measuring the process rather than the outcome
A. True
B. False
- Q8. Impact assessment can be considered a type of evaluation.
A. True
B. False
- Q9. A results chain represents the theory of change
A. True
B. False
- Q10. Change in health status, such as reduced disease incidence or improved nutritional status could be categorized as an:
A. output
B. impact

- Q11. The success of a program should only be measured by a single indicator.
- A. True
 - B. False
- Q12. Evaluation research utilizes only qualitative research method to gather data.
- A. True
 - B. False
- Q13. The outcome and impact indicators are the two highest levels of indicators
- A. A. True
 - B. B. False
- Q14. Project monitoring is sometimes referred to as activity monitoring
- A. True
 - B. False
- Q15. At which stage of an intervention should monitoring take place?
- A. At the start of the program.
 - B. At the mid-point of the program.
 - C. Throughout the life cycle of a program.
 - D. At the end of the program.
- Q16. Evaluation process.....
- A. Considers program results at the output level
 - B. Considers continued relevance of program activities to resolve a problem
 - C. Contributes to building theories and models for change
 - D. Considers results at outcome level and in relation to cost
- Q17. The following qualities are associated with quasi-experimental design except?
- A. Involves random selection
 - B. Includes a control group
 - C. Helps to establish cause and effect
 - D. Individuals in the control or comparison group may have similar qualities and characteristics as the individuals in the intervention group
- Q18. The results of Monitoring and evaluation activities can be disseminated through:
- A. Written reports
 - B. Press releases
 - C. The mass media
 - D. Speaking events
 - E. All of the above
- Q19show the direct causal relationships between the incremental results of key project activities and the overall objective and goal of the intervention
- A. Conceptual frameworks
 - B. Results frameworks
 - C. Logic models
 - D. Summative frameworks

- Q20. Which of the following is true about Frameworks?
- A. Help increase understanding of a project's goals and objectives
 - B. Define the relationships among factors key to project implementation
 - C. Delineate the internal and external elements that could affect a project's success
 - D. A and C only
 - E. All of the above
- Q21. Which of the following activity presents process indicators?
- A. Trainings held with health providers
 - B. Outreach activities conducted at youth-friendly locations
 - C. Containment of malaria cases among the residents
 - D. Retrievals provided to the patients
- Q22. Which of the following statement is not true about Logic Model?
- A. Provides an interpretation of planned use of resources and desired outcomes
 - B. Clarifies the program's assumptions about linear relationships between key factors relevant to desired outcomes
 - C. shows the causal relationships between intermediate results and program goals
 - D. useful tool for presenting programmatic and evaluation components
- Q23. For measuring how long it takes to register a patient when they arrive at a hospital, which indicator would you use for?
- A. Process
 - B. Output
 - C. Input
 - D. Outcome
- Q24. Which of the following is an example of a long-term outcome to be monitored in an advocacy intervention?
- A. Shaping the policy agenda
 - B. change in legislation
 - C. Coalition building
 - D. Building a social movement
- Q25. Input indicators are?
- A. quantified and time-bound statements of resources employed
 - B. assessments of activities carried out
 - C. always included within the management information
 - D. not necessary
- Q26. The following is true about formative evaluation except?
- A. It involves assessing the needs of the users or target market before embarking on a project.
 - B. It is the starting point of evaluation research
 - C. It provides useful insights for other types of evaluation
 - D. It serves for tracking the project.
- Q27. What are the three (3) main components of a Result Based Framework?
- A. Intermediate Results, Strategic Objective, Goal
 - B. Outputs, Intermediate Results, Strategic Objective
 - C. Inputs, Outputs, Intermediate Results

D. Inputs, Activities, Outputs

Q28. The following are elements of the Donabedian Model except?

- A. Structure
- B. Process
- C. Outcomes
- D. Objectives

Q 29. 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

Q30. 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

SECTION B

Answer ALL Questions (20 Marks)

Q31. Outline the benefits of monitoring and evaluation framework in health system strengthening (5mks)

Q32 Identify the Factors to consider when deciding on an evaluation design (5maks)

Q33. Outline the steps in developing monitoring and evaluation frameworks (5maks)

Q34. Highlight at least five characteristics of a good evaluation design (5maks)

SECTION C

Answer Only ONE Question (20 Marks)

Q35.a) Briefly explain the benefits of using monitoring and evaluation platforms in Healthcare Delivery (10 mks)

b) Explain at least five common types of evaluation research used in Monitoring and evaluation (10 mks)

Q36 a) Evaluation in health system strengthening focuses in assessing four major areas: Briefly explain each (8maks)

b) Describe the steps in Quality Management Cycle and its relationship with M&E (12 mks)

Q37. Discuss the challenges facing monitoring and evaluation application in healthcare and opportunities available (20 maks)