



**AMREF INTERNATIONAL UNIVERSITY**  
**SCHOOL OF MEDICAL SCIENCES**  
**DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES**  
**KENYA REGISTERED COMMUNITY HEALTH NURSING**  
**End Semester April 2025 Examinations**

**COURSE CODE AND TITLE: DNS 124: Gynaecology**

**DATE:17-4-2025**

**TIME: 2 HOURS**

**Start: 0200 HOURS**

**Finish 0400 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 III: 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. **The hormone that decreases significantly during menopause is:-**
  - A. Estrogen
  - B. Testosterone
  - C. Progesterone
  - D. Follicle-stimulating hormone (FSH)
  
2. **The following is a common manifestation of menopause: -**
  - A. Increased fertility
  - B. Hot flashes
  - C. Increased bone density
  - D. Regular menstrual cycles
  
3. **The best statement to define andropause is: -**
  - A. The beginning of menstruation in males
  - B. The decrease in estrogen levels in males
  - C. The cessation of spermatogenesis in males
  - D. The decline in testosterone levels in males
  
4. **The best time for a woman to perform a breast self-examination (BSE) to ensure accuracy: -**
  - A. During menstruation
  - B. On any random day of the month
  - C. 5-7 days after the start of menstruation
  - D. Just before menstruation begins
  
5. **The common management approach for menopausal symptoms: -**
  - A. Hormone replacement therapy (HRT)
  - B. Increasing caffeine intake
  - C. Avoiding exercise
  - D. Consuming high-fat diet
  
6. **The following is a recommended lifestyle modification for managing andropause symptoms: -**

- A. Sedentary lifestyle
- B. High-stress environment
- C. Healthy diet and regular exercise
- D. Excessive alcohol consumption

7. **The following describe a benign breast disorder: -**

- A. Ductal carcinoma in situ (DCIS)
- B. Invasive ductal carcinoma
- C. Fibroadenoma
- D. Lobular carcinoma in situ (LCIS)

8. **The following is NOT a risk factor for breast cancer: -**

- A. Family history of breast cancer
- B. Obesity
- C. Regular physical activity
- D. Age

9. **The following is a surgical procedure used in the treatment of breast cancer to remove the entire breast: -**

- A. Lumpectomy
- B. Mastectomy
- C. Breast-conserving surgery
- D. Sentinel lymph node biopsy

10. **The purpose of sentinel lymph node biopsy in breast cancer surgery: -**

- A. To determine the stage of cancer
- B. To assess hormone receptor status
- C. To evaluate HER2/neu status
- D. To determine if cancer has spread to nearby lymph nodes

11. **The following benign breast disorders is characterized by breast pain and lumpiness that fluctuates with the menstrual cycle: -**

- A. Fibroadenoma

- B. Fibrocystic changes
- C. Phyllodes tumor
- D. Ductal ectasia

**12. The following is a common symptom of abnormal uterine bleeding: -**

- A. Regular menstrual cycles
- B. Consistent heavy bleeding
- C. Mild cramping during menstruation
- D. Bleeding only during ovulation

**13. The primary characteristic of menstrual disorders is: -**

- A. Infrequent menstruation
- B. Consistent menstrual flow
- C. Menstrual bleeding that lasts longer than seven days
- D. Minimal cramping during menstruation

**14. The following is a risk factor for ectopic pregnancy: -**

- A. Regular menstrual cycles
- B. Previous ectopic pregnancy
- C. Healthy fallopian tubes
- D. Early prenatal care

**15. The following are the characteristics of a hydatidiform mole: -**

- A. Normal development of a fertilized egg
- B. Abnormal development of a fertilized egg
- C. Fetal heartbeat detected during ultrasound
- D. Minimal risk of complications for the mother

**16. The primary difference between threatened abortion and inevitable abortion is: -**

- A. Bleeding in inevitable abortion is heavier

- B. In threatened abortion, the cervix remains closed
- C. In inevitable abortion, miscarriage is unavoidable
- D. Threatened abortion always progresses to inevitable abortion

**17. The condition that is characterized by the presence of endometrial tissue outside the uterus is: -**

- A. Adenomyosis
- B. Vulvitis
- C. Endometriosis
- D. Cervicitis

**18. The primary symptom of adenomyosis is: -**

- A. Dyspareunia
- B. Heavy menstrual bleeding
- C. Painful urination
- D. Vaginal dryness

**19. The disorder that affects the external genitalia and is characterized by itching, burning, and pain is: -**

- A. Vulval dystrophies
- B. Cervical erosion
- C. Pelvic inflammatory disease
- D. Bartholin's cyst

**20. The most common cause of cervicitis is: -**

- A. Bacterial infection
- B. Endometriosis
- C. Hormonal imbalance
- D. Autoimmune disorder

**SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)**

1. Describe Four (4) steps in the medical management of ectopic pregnancy. 4 Marks
2. Describe three (3) common benign breast disorders, including their symptoms. 6 Marks
3. State the three (3) types of menstrual disorders. 6 Marks
4. Outline five (5) different types of abortion. 5 Marks
5. Explain Four (4) common causes of fistulas. 4 Marks
6. Describe the components of the gynaecologic history during history taking 5 Marks

**SECTION III: LONG ANSWER QUESTIONS (20 MARKS)**

1. Mary, a 45-year-old woman, has a diagnosis of multiple intramural fibroids within the uterus, with the largest measuring 8 cm in diameter.
  - a) With aid of a diagram illustrate the types of uterine fibroids. (5 Marks)
  - b) Outline five (5) signs and symptoms of uterine fibroids. (5 marks)
  - c) Outline the Nursing management of Mary Post Myomectomy. (10 Marks)