



AMREF INTERNATIONAL TRAINING CENTRE

MODULE I

COMMUNITY HEALTH LEVEL 5, LEVEL 6

HW/CU/CP/CR/02/5/MA

Maternal, newborn and child health care

July/August 2026

WRITTEN ASSESSMENT

DATE: 10TH AUGUST 2026

Time: 2 HOURS START: 9AM FINISH: 11 AM

INSTRUCTIONS TO CANDIDATE

1. Marks for each question are indicated in the brackets.
2. The paper consists of **TWO** sections: **A** and **B**.
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 (40 MARKS)

Attempt ALL questions in this section

1. Define the following terms;
 - a) Community verbal autopsy. (2 marks)
 - b) Maternal and perinatal death surveillance and response. (2 marks)
2. Family planning is the ability of individuals and couples to anticipate and attain their desired number of children. Outline TWO modes of action of hormonal family planning. (2 marks)
3. Infants may develop unwanted health effects after immunization. State THREE adverse effects following immunization. (3 marks)
4. Birth plan helps mothers to plan their options for labour and delivery. Identify THREE components of individual birth plan. (3 marks)
5. Psychosocial support services for postnatal mothers encompasses assistance designed to adapt to parenthood and prevent conditions like postpartum depression. State THREE elements of psychosocial support services. (3 marks)
6. Deworming plays an important role in growth and development of children. Highlight FOUR advantages of deworming among children. (4 marks)
7. Growth monitoring aims at early detection of nutritional problems and early interventions. Mention THREE anthropometric tools used in growth monitoring for children under-five year old. (3 marks)
8. Developmental milestones are a set of goals or markers that a child is expected to achieve during maturation. Outline THREE developmental milestones for assessment during child's growth and development. (3 marks)
9. Care of the mothers after birth is crucial in prevention and early management of postnatal complications. Mention FOUR post-natal complications. (4 marks)
10. Prevention of Mother-to-Child Transmission (PMTCT) aims at reducing the transmission of infections from an infected mother to her infant. Identify THREE diseases targeted for PMTCT. (3 Marks)
11. Caregivers should recognize signs of a sick child and seek prompt health care interventions. State FOUR danger signs of a sick child. (4 marks)

12. Infants should be breastfed exclusively for the first 6 months. Outline FOUR benefits of exclusive breastfeeding to infants. (4 Marks)

SECTION B: 60 MARKS

Answer THREE questions in this section

13. Natural family planning is a method for planning and preventing pregnancies by observation of the naturally occurring signs and symptoms of the fertile and infertile phases of the menstrual cycle.
- a) Explain FOUR natural family planning methods. (8 marks)
 - b) Describe SIX disadvantages of natural family planning. (12 marks)
14. Kenya's routine immunization coverage is currently estimated at around 80–85%, with notable variation across regions.
- a) Describe FOUR challenges hindering achieving 100% immunization coverage in Kenya. (8 Marks)
 - b) Explain the SIX Kenya Expanded Program on Immunization (KEPI) vaccine schedule from birth up to 9 months. (12 marks)
15. Kenya's maternal mortality ratio is currently estimated at about 530 deaths per 100,000 live births, while perinatal mortality is around 29–30 per 1,000 births showing progress compared to past years, but both remain higher than global targets.
- a) Explain FIVE causes of maternal mortality in Kenya. (10 marks)
 - b) Describe FIVE causes of perinatal mortality in Kenya. (10 marks)
16. Health education on the appropriate care for pregnant mothers is essential for a healthy mother and fetus development.
- a) Discuss FOUR health education messages you would deliver to a pregnant mother regarding care during pregnancy. (8 marks)
 - b) Explain SIX danger signs during pregnancy. (12 marks)