



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
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: TUESDAY 9TH DECEMBER 2025

TIME: 2 HOURS

Start: 0900 HOURS

Finish: 1100 HOURS

INSTRUCTIONS

1. This exam will be marked **out of 70 Marks**
2. ALL Questions are compulsory.
3. The Examination has Three Sections: Section A- Multiple Choice Questions, Section B: Short Answer Questions, Section C: 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 following statement does NOT describe appropriate advice on sexual activity for client approaching menopause :-
 - a. Frequent sexual activity helps maintain elasticity of vagina
 - b. Contraception can be stopped six months following of cessation of menses
 - c. Safe sex is important at any age
 - d. Sexual function is still enhanced at midlife

2. The hot flashes experienced in menopause is due to:-
 - a. A surge of Luteinizing hormones
 - b. A surge of follicle stimulating hormones
 - c. An acute drop in oestrogen
 - d. An acute drop in progesterone

3. One of the following is considered the most effective methods of Family Planning
 - a. Intra- uterine contraceptive (IUCD)
 - b. Coitus interruptions
 - c. Use of condom
 - d. Oral contraceptives

4. The factors contributing to the high incidence of adolescent pregnancy includes:-
 - a. Lack of contraceptives
 - b. Lack of knowledge on long term consequences, change in morality and family life
 - c. Increase knowledge on contraceptive
 - d. Accessibility to youth friendly services

5. Gender responsiveness is best defined as:-
 - a. Equal and fair treatment of both men and women.
 - b. Categorizing and generalization of both men and women
 - c. Ability to recognize gender issues
 - d. A higher level of gender sensitivity where one is able to recognize and empower to address gender issues.

6. Gender discrimination can be described as:-
 - a. Ability to recognize gender issues and act.
 - b. It is the unequal or unfair treatment of men and women based on their sex.
 - c. It is a high level of recognizing gender issues.
 - d. Categorizing men and women according to rigid constructs

7. Indicate whether the statements on stereotyping are True (T) or False (F) (½ Mark each):-
- Stereo types may be positive or negative but not necessarily true.
 - Stereo typing does not allow individual differences between members of the same group
8. Equity implies:-
- Empowerment of women in reproductive health
 - Promoting male involvement in reproductive health
 - Fairness in access to and control of opportunities and resources
 - Assigning resources and ctivities equally among men and women.
9. Being conscious of the fact that men and women have different roles, responsibilities and needs is referred to as:-
- Gender norms.
 - Gender sensitivity.
 - Gender Awareness.
 - Gender responsiveness
10. One of the following statements best reflects the impact of gender on health is:
- Gender has no significant influence on health outcomes.
 - Men and women experience the same health issues with similar frequency.
 - Biological and social factors contribute to gender-based health disparities.
 - Health outcomes are solely determined by genetic factors, not influenced by gender.
11. Which one of the following aspect of post rape care should NOT be offered to victims of rape presenting later than 72 hours after sexual violence:-
- Post Exposure Prophylaxis.
 - Post rape trauma counselling.
 - Forensic examination.
 - Head to toe examination.
12. The phase of the trauma syndrome in which victims of recent sexually traumatic events manifest intense fear, denial, anger is known as :-
- Acute phase
 - Out adjustment phase
 - Reorganizing
 - Integration and recovery
13. In family planning, Unmet need implies:
- The woman has been informed of available family planning methods but wants a pregnancy
 - The woman does not intend to get pregnant but is not on any family planning method
 - The woman does not intend to get pregnant and is on family planning method
 - The woman intend to get pregnant and is on family planning method

14. Warning signs that necessitate a client to return to the facility after insertion of implants, include:
- Severe arm pain, Expulsion of capsules, Severe headache
 - Eye problems, Expulsion of capsules, severe headache
 - Severe arm pain , mild headache, Expulsion of capsules
 - Severe headache , eye problems , severe arm pain
15. The timings of Intra Uterine Contraceptive Device (IUCD) insertion is:
- Interval, postnatal, postpartum
 - Post partum, interval, post abortion
 - Post abortion, perinatal, interval
 - Post abortion, interval, after three weeks
16. The following are some of the contraceptive benefits of Combined Oral Contraceptives (COCs) :
- Improves acne, Easy to use, Safe, Effective immediately
 - Enhances sexual enjoyment, Highly effective, Safe, Easy to use
 - Highly effective, Effective immediately, Easy to use, Safe
 - Safe, Easy to use, Highly effective, Improves acne
17. The following are mandatory criteria for a client wishing to use lactation amenorrhea method as a family planning choice: _
- Baby is less than 7 months, Periods have resumed, exclusively breastfeeding.
 - Exclusively breastfeeding, periods have not resumed, baby less than 1 year old.
 - Breastfeeding on and off, periods have not resumed , baby less than 6 months old.
 - Exclusively breastfeeding, baby less than 6 months old, periods have not resumed.
18. Duo Protection means:-
- Using condom and pills to protect oneself against unwanted pregnancy and STI/HIV.
 - Using condom to protect to protect oneself against unwanted pregnancy and STI/HIV.
 - Using pills to protect oneself against STI/HIV and pregnancy.
 - Using condom and pills to protect oneself against unwanted pregnancy.
19. Combined oral contraceptives significantly decrease serum levels of the following anti-convulsant drug:
- Phenobarbitone.
 - Carbamazepine.
 - Phenytoin.
 - Lamotrigine.
20. The mode of action of barrier methods of contraceptive is:
- They suppress ovulation.
 - They interfere with the implantation of the fertilized ovum in the uterus.
 - They prevent sperm deposition in the vagina.
 - They slow down sperm motility.

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

1. Explain four (4) impacts of the cultural practice of wife inheritance in gender issues (8 Marks)
2. State five (5) African rites practiced in African communities (5Marks).
3. Explain four (4) mechanisms of action of Intra Uterine Contraceptive Device (8 Marks)
4. Outline four(4) instructions given to a client using female condoms. (4 Marks)
5. Explain four (4) main root causes of gender based violence (8 Marks)
6. State five (5) principles of family planning (5 Marks)
7. List four (4) benefits of family planning (2 Marks)

SECTION III: LONG ANSWER QUESTION (20 MARKS)

1. Miss K, 19-year-old unmarried student approaches the Mogoro clinic seeking contraception but is nervous and concerned about confidentiality. She fears judgment and lacks information about her options.
 - a. Discuss the family planning counselling process (10 Marks)
 - b. Explain the Combine Oral Contraceptive (COC) under the following headings (10 Marks)
 - i. Mode of actions
 - ii. Contraindications
 - iii. The instruction you share with client