



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 213: Sexual And Reproductive Health And Family Planning

DATE:16-4-2025

TIME: 2 HOURS

Start: 11:15AM

Finish: 1:15PM

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 pillars of safe motherhood include the following: -
 - A. Focused antenatal care, Targeted postnatal care, and post-abortion care
 - B. Comprehensive obstetric, focused antenatal care and neonatal emergency care
 - C. Focused antenatal care, HIV/AIDs care, and neonatal emergency care
 - D. Focused postnatal care, HIV/AIDs care, and neonatal emergency care

2. The condition for which combined oral contraceptives (COCs) are contraindicated is:
 - A. Anemia
 - B. Hypertension
 - C. Dysmenorrhea
 - D. Cancer

3. The following is FALSE regarding depo Provera: -
 - A. Return of fertility is immediate after stoppage
 - B. It is able to protect against fibroids
 - C. It is a 3 monthly injectable but can be given 2 weeks or 1 week later
 - D. It makes the lining of the uterus less thick in blood, making implantation impossible

4. The following is NOT an equipment used in insertion of an Intra Uterine Contraceptive Device (IUCD):-
 - A. Sponge holding forceps, Cusco speculum
 - B. Uterine sound, artery forceps
 - C. Uterine retractor, uterine sound
 - D. Tenaculum, Cusco speculum

5. The following is a form of gender discrimination: -
 - A. Equal treatment of members of a group regardless of ethnic background
 - B. Promotion at work based on gender
 - C. Equitable treatment of male and female members of a group
 - D. Elder abuse

6. The Natural Family Planning method that relies on tracking the position and firmness of the cervix to determine fertility is known as: -
- A. Basal Body Temperature Method
 - B. Billings Ovulation Method
 - C. Two Day Method
 - D. Symptothermal Method
7. The following is a contraindication for Intrauterine contraceptive Device (IUCD) use: -
- A. Nulliparity
 - B. History of ectopic pregnancy
 - C. Regular menstrual cycles
 - D. Being over 40 years old
8. Following coitus, emergency hormonal contraceptives must be taken within: -
- A. 120 hours
 - B. 72 hours
 - C. 180 hours
 - D. 48 hour
9. During ovulation, the cervical mucus is: -
- A. Dry
 - B. White and curd like
 - C. Brittle
 - D. Stretchy
10. One of the following statements is TRUE about gender: -
- A. It is learned and reinforced by family structure, educational system, and community
 - B. It is learned and reinforced by governance
 - C. It is learned and reinforced by the political leadership
 - D. It is learned and reinforced by governments and political leadership
11. Fairness and justice in the distribution of benefits and responsibilities between women and men is referred to as: -
- A. Gender equity

- B. Gender equality
- C. Gender inequity
- D. Gender inequality

12. Family planning counselling should be done: -

- A. During pregnancy
- B. After an abortion
- C. To adolescents
- D. All the above

13. The 'peak day' when using the cervical mucus method is: -

- A. The last day of slippery, clear and wet mucus
- B. Immediately after menstrual bleeding.
- C. When any type of mucus is observed before ovulation
- D. During menstruation

14. The pillars of Kenya vision 2030 includes: -

- A. Social, economic, and political pillars
- B. Leadership, management, and governance pillars
- C. Political, social, and psychological pillars
- D. Economic, social, and psychological pillars

15. The mechanism through which households and communities take an active role in health and health related development issues is known as: -

- A. Community participation
- B. Community strategy
- C. Community involvement
- D. Community engagement

16. Indicate whether True (T) or False (F) for the below statements (½ Mark each)

- A. Vasectomy is synonymous with castration
- B. As a family planning method, vasectomy is effective one week post procedure

17. Life cycle cohort I of the Kenya Essential Package for Health includes: -
- A. Pregnancy, pregnancy, and delivery
 - B. Delivery, neonatal and childhood period
 - C. Delivery, newborn child up to 2 weeks of age, and postnatal period
 - D. Newborn children up to 4 weeks, and under five years old
18. In Kenya, youths are referred to as the population aged: -
- A. $10 \leq 19$
 - B. $13 \leq 35$
 - C. $18 \leq 24$
 - D. $18 \leq 35$
19. Post coitus, sperm deposited in the woman's reproductive tract remains viable for up to: -
- A. 24 hours
 - B. 5 days
 - C. 72 hours
 - D. 7 days
20. The following is NOT a feature of Lactational amenorrhea method (LAM): -
- A. The woman's menstrual period must not have returned.
 - B. The baby must be exclusively breastfed frequently, day and night.
 - C. The baby must be less than six months old
 - D. The baby receives complementary foods while continuing to be breastfed.

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

1. Define the following terms:
 - a. Reproductive health (1 mark)
 - b. Sex (1 mark)
 - c. Gender-based violence (1 mark)
 - d. Sexual assault (1 mark)
 - e. Sexual violence (1 mark)
 - f. Sexual offense (1 mark)
2. State five (5) reasons for focusing on the sexual and reproductive health of adolescents and youths (5 Marks)
3. State five (5) priority actions aimed at improving safe motherhood (5 Marks)
4. State five (5) Essential elements of the PAC (Post Abortion Care) model (5 Marks)
5. State four (4) the factors influencing Family planning/RH counselling outcomes (4marks)
6. Describe the medical eligibility criteria as used in Counselling for Family planning (5 Marks)

SECTION III: LONG ANSWER QUESTION 20 MARKS

1. Gender based violence is a significant concern in gender relations.
 - a. Discuss the effects of gender-based violence (GBV) on the reproductive health of women including the immediate and long-term physical, psychological, and social consequences (15 Marks)
 - b. Explain five (5) ways in which gender-based violence (GBV) can impact women's access to reproductive health services. (5 Marks)