



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
MAY-AUGUST 2026 EXAMINATION

COURSE CODE AND TITLE: BSN 411: Community Health Nursing IV

DATE: 5TH AUGUST 2026

Duration: 2 HOURS

Start: 2PM

Finish: 4PM

INSTRUCTIONS

1. This exam is out of 70 marks
2. This Examination comprises THREE Sections. Section I: Multiple Choice Questions (20 marks) Section II: Short Answer Questions (30 marks) and Section III: Long Answer Questions (20 marks)
3. Answer ALL Questions.
4. Do Not write anything on the question paper -use the back of your booklet for rough work if need be.

SECTION I: MULTIPLE ANSWER QUESTION (20 MARKS)

1. A nurse uses the GATHER approach while counselling a client seeking contraception. The following nursing action best represents the “H” component of the model;
 - a) Creating rapport by greeting the client respectfully and ensuring privacy
 - b) Assisting the client in decision making
 - c) Enquiry about previous contraceptive experiences
 - d) Explaining follow-up appointment schedules after method initiation
2. A multiparous woman undergoes tubal ligation. This primarily disrupts;
 - a) Ovulation
 - b) Implantation
 - c) Ovum transport through fallopian tubes
 - d) Progesterone secretion
3. A 40-year-old man undergoes vasectomy. The nurse explains that he is not immediately sterile because;
 - a) Testosterone must stop completely
 - b) Sperm distal to vas deferens remain in ejaculate
 - c) Epididymis continues producing sperm
 - d) Seminal fluid contains fertilizing sperm
4. A 24-year-old woman is using a combined oral contraceptive pill. The nurse explains that the primary physiological mechanism of prevention of pregnancy is suppression of ovulation. The hormone surge primarily prevented to stop ovulation is;
 - a) Prolactin
 - b) Follicle stimulating hormone (FSH)
 - c) Luteinizing hormone (LH)
 - d) Oxytocin
5. A nurse is counselling a client on family planning options. The client expresses fear about side effects of contraceptives. The nurse responds, “You are worried that the methods may affect your health.” The communication skill the nurse is applying is;
 - a) Summarizing
 - b) Paraphrasing
 - c) Clarifying
 - d) Probing
6. The least appropriate family planning method at 3 weeks postpartum breastfeeding according to WHO Medical Eligibility Criteria recommendations is;
 - a) Copper IUD
 - b) Progestin-only pill
 - c) Combined oral contraceptive pill
 - d) Lactational amenorrhea method

7. A nurse is teaching about Lactational Amenorrhea Method (LAM). The physiological process that explains fertility suppression is;
 - a) Increased progesterone stimulates ovulation
 - b) Increased prolactin suppresses GnRH secretion
 - c) Increased estrogen thickens cervical mucus
 - d) Increased oxytocin causes endometrial atrophy
8. The following is a major difference between patient diagnosis and community diagnosis;
 - a) Community diagnosis focuses on treatment of illness
 - b) Patient diagnosis uses demographic data only
 - c) Community diagnosis focuses on populations rather than individuals
 - d) Patient diagnosis is conducted by nurses only
9. A community health nurse ranks maternal mortality as the highest priority health problem despite malaria having a higher prevalence. The principle most likely influenced this prioritization is;
 - a) Community acceptability
 - b) Magnitude of the problem
 - c) Severity and potential consequences
 - d) Availability of epidemiology reports
10. A nurse conducting a community assessment collects information on occupation, literacy level, income, and housing conditions. These variables are primarily useful in analyzing;
 - a) Genetic determinants of disease
 - b) Social determinants of health
 - c) Clinical manifestations of illness
 - d) Epidemiological transition patterns only
11. During community diagnosis, a nurse identifies that diarrheal diseases are common despite adequate health facilities. Further assessment reveals poor handwashing practices and inadequate household water treatment. The first priority level of prevention should be;
 - a) Tertiary prevention through rehabilitation services
 - b) Secondary prevention through mass screening
 - c) Primary prevention through health promotion interventions
 - d) Curative services through antimicrobial therapy
12. During data analysis, a community health team notes that disease occurrence differs significantly between two villages despite similar environmental conditions. The additional factor that most appropriately explains this variation is;
 - a) Differences in health-seeking behavior
 - b) Similarity in climatic conditions
 - c) Unequal distribution of health facilities
 - d) Uniformity of population size

13. During community diagnosis, obtaining informed consent from participants is an example of the ethical principle;
- a) Justice
 - b) Beneficence
 - c) Confidentiality
 - d) Respect for autonomy
14. Failure of communication between healthcare workers and social welfare officers leading to delayed rehabilitation services is primarily an indication of poor:
- a) Networking
 - b) Liaison
 - c) Negotiation
 - d) Advocacy
15. A multidisciplinary team conducting integrated HIV, nutrition, and mental health services within a refugee camp represents the following principle of community health management;
- a) Fragmentation of services
 - b) Inter sectoral collaboration
 - c) Institutional isolation
 - d) Vertical programming
16. In community health nursing, advocacy during negotiation processes is BEST demonstrated when the nurse:
- a) Prioritizes organizational interests over community needs
 - b) Represents vulnerable populations to ensure equitable healthcare access
 - c) Delegates all decision-making to administrators
 - d) Avoids participation in policy discussions
17. The following situation BEST demonstrates effective alliance building in community health nursing:
- a) A nurse independently conducting a sanitation campaign without community involvement
 - b) Multiple stakeholders sharing resources and jointly planning maternal health interventions
 - c) A hospital administrator issuing directives to lower-level staff
 - d) Referral of a patient to a tertiary hospital for specialist care
18. A nurse is caring for a young adult with intellectual disability whose caregiver refuses community inclusion services, stating the client should remain “protected at home.” The nurse’s best response includes;
- a) Respect caregiver’s decision without challenge
 - b) Refer the caregiver for legal action due to discrimination
 - c) Advocate for client’s rights while involving family in supportive education
 - d) Transfer care responsibility to institutional care immediately

19. An elderly client with mild cognitive impairment refuses home-based care services despite evident self-neglect. The family insists the nurse should “force support” on the client. The following is the most appropriate nursing response;
- Respect refusal entirely and withdraw services from the client
 - Initiate legal guardianship immediately to ensure safety of the client
 - Assess decision-making capacity and balance autonomy with safety
 - Transfer the client to institutional care without consent for his safety
20. A rehabilitation center reports high relapse rates after discharge. Review shows clients are discharged without structured follow-up or linkage to probation services. The most likely system failure is;
- Ineffective individual counselling techniques
 - Weak continuity of care and poor inter-agency coordination
 - Overuse of pharmacological management
 - Lack of inpatient bed capacity

SECTION B: SHORT ANSWER QUESTIONS: 30 MARKS

- Differentiate between community assessment and community diagnosis. (6 Marks)
- Describe the REDI Approach as applied in family planning counselling. (6 Marks)
- Explain three (3) physiological mechanisms by which hormonal contraceptives prevent pregnancy. (6 Marks)
- Describe the classification of special groups in the community. (6 Marks)
- Explain three (3) principles of negotiation in community health nursing. (6 marks)

SECTION C: LONG ANSWER QUESTIONS: 20 MARKS

- A community health nurse conducted a community diagnosis in an informal settlement within Nairobi City County and identified high rates of diarrheal diseases among children under five years. Describe the process of community diagnosis that the nurse would follow in assessing this community. (10 marks)
- A 28-year-old woman presents to a family planning clinic requesting contraception. Describe the key components of a comprehensive family planning history that you would obtain from this client to guide the selection of an appropriate contraceptive method. (10 marks)