



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF COMMUNITY HEALTH
MASTER OF SEXUAL AND REPRODUCTIVE HEALTH RIGHTS AND POLICY
END OF SEMESTER EXAMINATION AUGUST 2026

UNIT CODE: HSR 708 **UNIT NAME:** Maternal Health and Safe Motherhood
DATE: 7TH AUGUST 2026
TIME: Three Hours **Start:** 5:30 PM **Finish** 8:30 PM

INSTRUCTIONS

1. This exam is marked out of 60 marks
2. This Examination comprises TWO Sections
Section A: Compulsory Question (15 marks)
Section B: Long Answer Questions (45 marks)

SECTION A: COMPULSORY (15 Marks)

Short Answer Questions

1.
 - a. Explain the term “Safe abortion” (2 marks)
 - b. Define the term “Maternal mortality” (2 mark)
2. The three delays model has been used to classify indirect factors that contribute to maternal deaths.
 - a. Describe the three delays (3 marks)
 - b. For each delay, state two indirect factors that contribute to the delay. (3 marks)
3. Contraception
 - a. Define the term contraception (1 mark)
 - b. Outline 2 social barriers to contraception access (2 marks)
 - c. Outline appropriate strategies for addressing the barriers identified above. (2 marks)

SECTION B

ANSWER ANY THREE (3) QUESTIONS (45 Marks)

Long Answer Questions

4. Abortion

Abortion continues to be an important public health issue in Africa.

- Describe the burden of unsafe abortion in Africa (5 marks)
- Explain how unsafe abortion impact health of women and girls in Africa (5 marks)
- Explain the strategies that have been put in place to address unsafe abortion in your country (5 marks)

5. Respectful maternity care

- Describe what respectful maternity care is. (2 marks)
- Explain the benefits of offering respectful maternity care (5 marks)
- Discuss the challenges hindering the realisation of respectful maternity care (5 marks)
- Describe three strategies of addressing disrespect and abuse (3 marks).

6. Maternal health is an important development agenda that has been incorporated in various development related goals including the Sustainable Development Goals (SDGs).

- Explain two guiding principles that underpin the SDGs. (2 marks)
- Explain the two SDG **targets** that are directly related to maternal health. (3 marks)
- Examine how the SDG 5 contributes to the improvement of maternal health. (4 marks)
- Besides SDGs 3 and 5 identify two other SDGs and explain how each can contribute to the improvement of maternal health (6 marks)

7. Despite the progress in improving maternal health, maternal mortality remains a challenge and has been noted to be a violation of women's human rights. One of the main drivers of maternal mortality is the different barriers to seeking quality timely care.

You have been asked to design a program in a rural area somewhere in Sub Sahara Africa to address barriers that keep women and girls from accessing health services during pregnancy and child birth.

- Identify five barriers would you consider that a successful program should seek to overcome? (5 marks)
- For each of the barriers identified above, explain two strategies that can address the. (10 marks)

8. Contraception has been identified as an important human rights issue Internationally. and regional human rights frameworks

- a. Explain the contribution of contraception to maternal health (5 marks)
- b. Explain the impact of contraception to the social economic status of girls and women. (5 marks)
- c. Discuss regional rights policy framework/s related to contraception and how they contribute to the access of contraception. (5 marks)

