



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
END OF SEMESTER MAY-AUG 2025 EXAMINATIONS

COURSE CODE AND TITLE: BSM 321 Family Planning and Contraception

UPGRADING

DATE:

Duration:

Start:

Finish:

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.

1. WHO medical eligibility criteria is used to
 - A. Improve quality access and use of family planning
 - B. Reduce medical barriers
 - C. Change misconception about who can or cannot use contraceptive method
 - D. All of the above

2. The rationale of linkage of family planning and STI/HIV/AIDS services include the following except
 - A. Both cater to different clientele
 - B. The same providers can be oriented with minimum inputs to serve in both areas
 - C. Family planning programmes are good entry points for most of STI/HIV/AIDS services and vice versa
 - D. Integrated services are a good approach to access hard to reach clients

3. The following drugs can reduce the efficacy of hormonal contraceptives **EXCEPT**
 - A. Phenytoin
 - B. Ampicillin
 - C. Rifampicin
 - D. Kaletra

4. One of the following statements is **not true** regarding IUCD
 - A. Should not be initiated in a woman currently having chlamydial infection
 - B. The IUCD client that presents with chlamydial infection and is adequately treated with antibiotics may continue with the method
 - C. IUCD must be removed to a patient who was using it and develop AIDS
 - D. IUCD can be initiated to an aids and who is doing well on ARVs

5. One of the following is a principles of infection prevention
 - A. Wash hands from person to person
 - B. Consider every person infectious
 - C. Use safe work practices
 - D. All of the above

6. The period when the breast buds appear in girls is called
 - A. Pubarche
 - B. Thelarche
 - C. Puberty
 - D. Gametogenesis

7. Total or partial absence of menstrual periods are referred to as:
- A. Menorrhagia
 - B. Amenorrhea
 - C. Dysmenorrhea
 - D. Endometriosis
8. A family planning method is categorized as category 3 of WHO medical eligibility criteria. This means
- A. Use the method
 - B. Do not use the method at all
 - C. Proceed with care
 - D. Use of method not recommended
9. To provide quality family planning care, one of the following statements is **NOT** true
- A. Adolescents seeking family planning services should be counselled about abstinence and behaviour change and leave the facility without any family planning method
 - B. Service providers should avoid long waiting time
 - C. An adequate supply of quality contraceptives should be maintained
 - D. Service providers should be trained and given regular updates regarding contraceptive care
10. During the counselling process within the context of HIV/AIDS family planning counselling should address the following except
- A. If the method protects against the STI/HIV
 - B. Safety of the family planning method when used by a HIV positive person
 - C. Dual protection practices are not necessary as long as the patient is on art therapy
 - D. Interaction between contraceptive methods and some drugs used in treatment of HIV/Aids
11. A female client who visits family planning clinic reports having had sex with other females. Which question by the nurse during assessment determine the clients risk for sexually transmitted infections
- A. What types of sexual acts do you engage with your partners?
 - B. What barrier methods do you and your partners use?
 - C. Are you in a monogamous relationship with your female sexual partner?
 - D. Are you a lesbian or do you have sex with both men and women?
12. Infection control nurse observes a family planning nurse in family planning clinic. Which action by the family clinic nurse that requires intervention by the infection control nurse
- A. Family planning nurse removes gloves prior removing a mask after performing a sterile procedure
 - B. Family planning nurse scrubs underneath artificial nails while performing hand hygiene

- C. Family planning nurse uses alcohol swab-based sanitizer after handling client
- D. Family planning nurse washes hands with soap and water for 20 seconds before a procedure

13. Indicate which following statement is **TRUE**

- A. Backup method is required for three months after initiation of oral contraceptives
- B. Diaphragm contraceptive devices, when used with spermicides also provide protection against HIV/AIDS
- C. Over the counter emergency contraceptives should be taken within 3 days of unprotected intercourse
- D. Use of an intrauterine device should be avoided in sexually active adolescents

14. The nurse prepares a client for discharge following a vasectomy. the client asks when he can resume sexual intercourse with his wife without a condom. What is the **BEST** response by the nurse?

- A. Discontinue alternative birth control after at least 5 ejaculations
- B. There is no need for an alternative birth control method following today's procedure
- C. Use alternative method of birth control for six months following today's procedure
- D. Use alternative birth control until cleared by the health care provider

15. The nurse is providing education to a client with a new prescription for progestin only pills (pops) which information **is appropriate** for the nurse to include

- A. If you begin to vomit any time within 24 hours of taking the pill, take an additional pill
- B. If you take your pill 3 or more hours after your usual time. Use a backup method
- C. In your pill pack, there are 21 days of progestin pills and 7 days of inactive iron pills
- D. The use of pops increases your risks of developing deep venous thrombosis

16. Which one of the following statements by the client that doesn't warrant refusal by the health care provider to supply her with combined oral contraceptives EXCEPT

- A. I have a seizure disorder
- B. Am having an abscess on my knee after an injury and now am taking ampicillin
- C. This is the third week since I started using rifampicin
- D. Am on oxcarbazepine, I forgot the morning dose

17. One of the following is a contraindication for IUCD insertion?

- A. Woman who has never given birth
- B. History of pelvic inflammatory disease (PID) within the last 3 months
- C. Woman who is breastfeeding
- D. Irregular menstrual cycles

18. One of the following statements by the student nurse regarding principles of infection prevention requires further teaching
- A. I will wash my hands for 3 minutes before and after handling clients
 - B. I consider every person infectious including staff and visitors
 - C. I will arrange the working area.
 - D. I can sanitize my hands using alcohol swab after inserting IUCD before I attend the next client
19. A ten-year girl tells the nurse “I think I have cancer of breasts my breasts have started to be swollen and tender” what response by the nurse to the girl is appropriate?
- A. This is a normal development
 - B. This is a normal breast changes during early pregnancy stages
 - C. You need further examination as these are early signs of breast cancer
 - D. This is mastitis and you require antibiotics
20. A client with history of swollen lower limb visits family planning clinic and opts for combined pills. The nurse informs her that she will not offer this method because the method is categorized in which category of WHO eligibility criteria?
- A. 1
 - B. 2
 - C. 3
 - D. 4

SECTION 11 SHORT ANSWER QUESTIONS (30 MARKS)

1. Outline the scope of family planning (4marks)
2. Describe the information that a health care provider in a family planning clinic should ensure the clients receive in prevention of STIS/HIV/aids and hepatitis b (5marks)
3. Outline the points to consider to be reasonably sure that the client is not pregnant before initiation of a family planning method. (6marks)
4. State 5 contraindications for hormonal implants as a method of family planning (5marks)
5. State 5 advantages of coitus interrupts as a family planning method) (5marks)
6. Describe vasectomy as contraception method (5marks)

SECTION III LONG ANSWER QUESTIONS (20 MARKS)

1. Agnes, a student reports to the university health clinic accompanied by her boyfriend for emergency contraceptives after unprotected sexual intercourse
 - a) Describe the information the care provider should share with the couple regarding the emergency contraceptive pills as a method of contraception (10 marks)
- 2 A university Student you have been invited to give a health talk on family planning during a women's conference in the university. One of the main methods you have to talk about is female condom use
 - a) Discuss the information you should give to the audience regarding the use of female condom (10marks)