



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

**COURSE CODE AND TITLE:** BSM 319 Adolescent And Youth Sexual ~~And~~ Reproductive Health

**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. Gender analysis improves the
  - A. Men's and women's behaviour
  - B. Gender violence behaviour
  - C. Reproductive behaviour
  - D. Policies and programs
  
2. Younger women who marry older men usually have:
  - A. More power
  - B. Less power
  - C. Equal power
  - D. No power
  
3. In reproductive behaviours, two couples' "decision-making environments" are:
  - A. Identical
  - B. Same level
  - C. Different
  - D. Equal
  
4. To encourage shared decision-making and more equitable gender roles, there is need for:
  - A. Communication
  - B. Notification
  - C. Motivation
  - D. Modernization
  
5. Health providers who do not ask about gender-based violence may:
  - A. Misdiagnose survivors
  - B. Offer appropriate care
  - C. Put women at no risk
  - D. Raise awareness of GBV
  
6. Before launching specialized social services, one should consider:
  - A. Personality issues
  - B. Ethnic orientation
  - C. Economic sustainability
  - D. Powers from above
  
7. Rites of Passage are celebrated through:
  - A. Naming
  - B. Inflicting pain
  - C. Pleasure
  - D. Odour

8. Maintaining chain –of- evidence means that the specimen are:

- A. Collected and emptied properly
- B. Labelled and discarded properly
- C. Stored and signed properly
- D. Transported and weighed properly

9. In court, the health professional gives evidence of rape as;

- A. Facts witness
- B. Expert witness
- C. Medical expert
- D. Result expert

10. When doing advocacy:

- A. Focus on what is achievable
- B. Find many entry points
- C. Encourage social norms
- D. Involve community leaders only

11. Advocacy in healthcare is the process of :-

- A. Acting on the client's behalf when he or she cannot do so
- B. Ensuring privacy and confidentiality to clients
- C. Nurse remaining observant of other health-care professionals
- D. Acting on the client's behalf even when he or she can do so

12. The phases of Peplau's model of nurse- client relationship are:-

- A. Orientation, confidentiality, and resolution
- B. Orientation, contracting, and resolution
- C. Orientation, confidentiality and termination
- D. Orientation, working, and resolution

13. Concreteness in counselling refers to:-

- A. Using clear language to describe the client's life situation
- B. Dependable in the relationship
- C. Caring for your client without giving pre-conditions
- D. Understanding another's experience as if it were your own

14. Which of the following is true about nurse-patient therapeutic relationship: -

- A. The focus is on both client's and nurse's needs
- B. The nurse should ensure that the client likes him/her
- C. The relationship should be allowed to drift into more general form of social relationship
- D. The relationship should remain focused on clients needs, feelings, experiences and ideas only

15. Kegel's exercise is a conservative approach employed as an intervention to manage the following except
- A. Cystocele and Rectocele
  - B. Procidentia and Cystocele
  - C. Stress incontinence and second degree uterine prolapsed
  - D. Rectocele and first degree uterine prolapsed
16. Which of the following conditions causes post menopausal bleeding
- A. Fallopian tube cancer and endometrial cancer
  - B. Cervical cancer and vaginal cancer
  - C. Ovarian cancer and endometrial polyps
  - D. Leiomyomata and ovarian cysts
17. During peri-pubertal period there is:
- A. Pulsatile secretion of low levels of LH during sleep
  - B. Suppression of hypothalamic-anterior pituitary-gonadal axis
  - C. Pulsatile secretion of low levels of oestrogen during sleep
  - D. Development of negative-feedback mechanism
18. The structures that form the female external genitalia are collectively termed as the:
- A. Vagina
  - B. Perineum
  - C. Gonads
  - D. Vulva
19. Menopause indicates
- A. End of sexual activity
  - B. End of reproductive period
  - C. End of menses
  - D. End of production of hormone
20. The current Maternal Mortality Ratio as per Kenya National Bureau of Statistics is at: \_
- A. 540/100,000
  - B. 72/100,000
  - C. 488/100,000
  - D. 42/100,000

**PART II- SHORT ANSWER QUESTIONS (SAQS) (30 MARKS)**

1. State five ~~the~~ (5) rationale ~~for to~~ focus on the adolescents (5 marks)
2. Outline any Six (6) Sexual and Reproductive Health (SRH) needs of the adolescent (6 marks)
3. State five (5) Harmful Practices in adolescents and youths (5 marks)
4. Explain the categories of Youth people according to World Health Organization (WHO) (4 marks)
5. State five (5) effects of female genital mutilation (FGM) to Adolescents and youths

(5 marks)

6. State five (5) cognitive changes in Early Adolescents

(5marks)

**PART III- LONG ANSWER QUESTIONS (LAQS) (20 MARKS)**

1. Outline (10) Adolescents reproductive health rights

(10 Marks)

2. Explain Five (5) elements of youth friendly services

(10 Marks)

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