



AMREF INTERNATIONAL UNIVERSITY

SCHOOL OF MEDICAL SCIENCES

DEPARTMENT OF REHABILITATION MEDICINE

BACHELOR OF SCIENCE IN PHYSIOTHERAPY

END OF TRIMESTER EXAMINATIONS JANUARY TO APRIL 2025

UNIT CODE: PHT 431

UNIT NAME: MONITORING AND EVALUATION (Special Exam)

DATE: 14th APRIL 2025

TIME: 9am-11am

INSTRUCTIONS

- 1. All students will have two (2) hours to complete the examination**
- 2. This is an online exam, Attempt all questions as per the instruction**
- 3. It is the student's responsibility to report any page and number missing in this paper.**
- 4. Check that the paper is complete**
- 5. Total number of pages is 10 including the cover.**
- 6. Read through the paper quickly before you start.**
- 7. Upon finishing the exam paper, on submission, the message 'Your examination has been submitted' will appear.**

TOTAL: _____/70

PERCENT: _____/100%

POINTS EARNED TOWARDS FINAL GRADE _____/70

Section A. Multiple choice questions. Answer all the questions (30 Marks)

Q1. Which type of evaluation primarily measures the effort and direct outputs of programs or interventions?

- a) Needs Assessment
- b) Outcome Evaluation
- c) Process Evaluation
- d) Impact Evaluation

Q2. An ex-post evaluation is carried out:

- a) Before a project starts
- b) During project implementation
- c) Immediately after a project ends
- d) In the years after a project's official end date

Q3. Monitoring differs from Evaluation in that Monitoring:

- a) Is conducted only at specific program milestones.
- b) Provides in-depth analysis of program results.
- c) Keeps track of activities and maintains oversight
- d) Considers results at the outcome and impact level.

Q4. What is a Monitoring and Evaluation (M&E) system?

- a) A collection of isolated data points.
- b) A set of interlinked activities to plan for M&E, execute and support decision-making.
- c) A method for avoiding risk management.
- d) A tool only for reporting information.

Q5. The first step in planning a project M&E system is to:

- a) Select key indicators.
- b) Assess the existing readiness and capacity for monitoring and evaluation.
- c) Plan monitoring, communication, and reporting.
- d) Set baselines and plan data collection.

Q6. A well-developed M&E plan helps you decide:

- a) What questions the program needs to answer.
- b) How to ignore external stakeholders.
- c) How to avoid analyzing monitoring data.
- d) How to keep results a secret.

Q7. A key question addressed by conceptual frameworks is:

- a) What color should the project logo be?
- b) Who are the direct and indirect beneficiaries of the intervention?
- c) How can we avoid measuring change?
- d) What is the budget for office supplies?

Q8. Results-based frameworks primarily aim to:

- a) Make project planning more confusing.
- b) Help us stay focused, choose the right strategies, and use resources effectively.
- c) Ignore the importance of achieving results.
- d) Provide unclear direction for your project.

Q9. The overall goal in a results framework focuses on:

- a) Short-term gains.
- b) Sustainability, livelihood, and wellbeing.
- c) Immediate outputs.
- d) Budget allocations.

Q10. Intermediate results in a results framework refer to:

- a) Broad, long-term goals.
- b) Deliverables resulting from project activities.
- c) Strategic objectives.
- d) Vague, undefined outcomes.

Q11. A Logframe answers the question:

- a) How can we measure failure?
- b) What are you trying to accomplish and why?
- c) How can we avoid setting goals?
- d) What are the most complicated metrics that can be used?

Q12. A Logic Model identifies and illustrates:

- a) Random relationships between project components.
- b) The linear relationships from program inputs, processes, outputs, and outcomes to their impact.
- c) The chaotic interactions of various factors.
- d) The disconnected elements of a project.

Q13. When linking National strategic healthcare Plans to M&E, what needs to be aligned with the Sustainable Development Goals (SDGs)?

- a) the logo of the organization
- b) the national health strategic plan
- c) the color scheme of the presentation
- d) the location of the office

Q14. What do outcome measures assess in a program?

- a) The specific changes expected from the program, focusing on intended outcomes.
- b) How well a program is carried out, including adherence to plans and service quality.
- c) The financial aspects of the program, including implementation and overall cost-effectiveness.
- d) The resources needed to carry out activities

Q15. What does "accuracy" refer to in the context of data quality?

- a) How up-to-date the information is.
- b) How comprehensive the information is.
- c) Whether the information is correct in every detail.
- d) Whether you really need the information.

Q16. Which of the following is an example of a tool for data collection?

- a) Random guessing.
- b) Checklists.
- c) Ignoring performance indicators.
- d) Personal preferences.

Q17. M&E indicators can help us determine:

- a) What resources are required to successfully carry out the program.
- b) How to avoid measuring program impact.
- c) Who should be excluded from the program.
- d) How to waste program resources.

Q18. Input indicators refer to:

- a) The measurable results of program activities.
- b) The resources invested in a project.
- c) The long-term changes in the condition of the identified problem.
- d) The intermediate changes you want to create.

Q19. Output indicators refer to:

- a) The long-term impact of the program.
- b) The measurable results of the activities or deliverables of the program.
- c) Resources invested in a project.
- d) Changes in attitude or skills.

Q20. Impact indicators measure:

- a) The services provided to beneficiaries.
- b) The resources invested in a project.
- c) Actual long-term changes in the condition of the identified problem.
- d) The number of patients attended to.

Q21. Advocacy and communication are critical for:

- a) Complicating decision-making.
- b) Entrenching a culture of evidence-based planning and decision-making.
- c) Obscuring M&E terminology.
- d) Avoiding partnerships.

Q22. Operation research is all about:

- a) Using administrative methods to address complex problems.
- b) Using mathematical and analytical methods to optimize decision-making.
- c) Brainstorming of data analysis.
- d) Relying on intuition.

Q23. Diagnostic research aims to:

- a) Discover what's wrong and brainstorm solutions to improve performance.
- b) Test the effectiveness of service delivery interventions.
- c) Determine the costs associated with specific interventions.
- d) Check out new and ongoing interventions.

Q24 What type of evaluation measures are numbers collected through surveys, questionnaires, or statistical analyses?

- a) Qualitative measures.
- b) Quantitative measures.
- c) Outcome measures.
- d) Process measures.

Q25. Conceptual frameworks are useful because they:

- a) Show how different aspects in a project connect to each other
- b) Complicate understanding of project goals.
- c) Ignore relationships between factors.
- d) Avoid the use of diagrams.

Q26. What is the purpose of an M&E plan?

- a) To create confusion among stakeholders.
- b) To serve as a roadmap that guides the entire M&E process for a program.
- c) To avoid data collection.
- d) To complicate data analysis.

Q27. When deciding on an evaluation design, what factors should be considered?

- a) The questions you want to answer/purpose of evaluation
- b) The beneficiaries/target group and data availability.
- c) Time frame and funding
- d) All of the above.

Q28. What is the purpose of integrating both quantitative and qualitative data collection methods in an evaluation design?

- a) To provide a comprehensive understanding of the program's impact.
- b) To provide empirical evidence to stakeholders.
- c) To assess the effectiveness of health interventions.
- d) To evaluate program activities.

Q29. Which indicator would you use to the time it takes to register a nurse in a health training session patient upon arrival at the venue?

- a) Process
- b) Output
- c) Input
- d) Output
- e) impact,

Q30. Evaluation research is primarily concerned with measuring the process rather than the outcome itself.

- a) True
- b) False

SECTION B. ANSWER ALL QUESTIONS (20 Marks)

Q31. Describe how operation research could be used to enhance decision making process within the healthcare system (5marks)

Q32. What is are the primary functions of a Monitoring & Evaluation (M&E) platform? (5marks)

Q33., Describe the steps in monitoring and evaluation plan (5marks)

Q34. What are the challenges facing the utilization of M&E in healthcare programs? (5marks)

SECTION C, ANSWER ONLY ONE QUESTION (20 MARKS)

Q35a). Outline the Characteristics of a good evaluation design (10 marks)

Define evaluation research and explain at least four common types of evaluation research used in Monitoring and evaluation (10marks)

Q36 a) Explain the reasons why monitoring and evaluation advocacy is important in promotion of health service delivery (10marks)

b) What research method (s) would you use to collect information for a malaria control and prevention program (10 marks)

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**PHT 431 MONITORING AND EVALUATION
SUPPLEMENTARY EXAM JAN-APRI.2025**

MACKING SCHEME

- Q1. C
- Q2. D
- Q3. C
- Q4. B
- Q5. B
- Q6. A
- Q7. B
- Q8. B
- Q9. B
- Q10. B
- Q11. B
- Q12. B
- Q13. B
- Q14. A
- Q15. C
- Q16. B
- Q17. A
- Q18. B
- Q19. D
- Q20. C
- Q21. B
- Q22. B
- Q23. A
- Q24. B
- Q25. A
- Q26. B
- Q27. D
- Q28. D
- Q29.A
- Q30.B

SECTION B. ANSWER ALL QUESTIONS

Q31 Operations Research is applied in Healthcare Management:

Optimization Techniques: Enhance productivity and reduce costs through efficient resource allocation and scheduling.

Queuing Theory: Minimize wait times in hospitals by analyzing patient flow and care stages.

Decision Analysis: Provide a structured approach for evaluating options, considering uncertainties and risks for informed decision-making.

Cost-Benefit Analysis: Evaluate costs and benefits of healthcare interventions to prioritize effective investments.

Linear Programming: Optimize resource allocation to achieve desired outcomes in health systems.

Network Analysis: Examine interconnections within the healthcare system to identify potential bottlenecks.

Forecasting and Predictive Modeling: Anticipate future healthcare trends and demands for better planning and resource allocation.

Inventory Management: Ensure efficient management of supplies to prevent shortages and excesses.

Epidemiological Modeling: Model disease spread and predict healthcare needs during epidemics to guide response strategies.

Q32. Healthcare services benefit from Monitoring and Evaluation (M&E) platforms in the following ways:

- Track Performance: Monitors patient outcomes and wait times for effective service assessment.
- Access Data: Collects and shares data for a comprehensive understanding of operations.
- Enhance Service Quality: Identifies areas for improvement in patient care and system efficiency through data analysis.
- Optimize Resources: Evaluates resource use to allocate staff, supplies, and funds more effectively.
- Accurately Measure Outcomes: Quantifies healthcare outcomes to determine best practices and interventions.
- Informed Decision-Making: Provides insights for administrators to make informed decisions.
- Increase Accountability and Transparency: Offers stakeholders a clear view of service success.
- Foster Continuous Improvement: Compares performance against standards.

Q33. Describe the Monitoring and Evaluation Plan (5marks)

1: Identify Program Goals and Objectives

2: Define Indicators

3: Define Data Collection Methods and TimeLine

4: Identify M&E Roles and Responsibilities

5: Analysis Plan and Reporting Templates

6: Dissemination and Donor Reporting

Q34 What are the challenges facing the utilization of M&E in healthcare programs?

The utilization of Monitoring and Evaluation (M&E) in healthcare programs faces numerous challenges across several areas. These include a lack of resources (financial, human, and infrastructural), data-related issues (quality, availability, and analytical capacity), technical challenges (weak systems, interoperability, and infrastructure), organizational and management problems (weak leadership, poor coordination, and resistance to change), behavioral and cultural factors (lack of M&E culture, fear of accountability, and cultural barriers), and political and policy environment issues (instability, weak frameworks, and conflicting priorities)

SECTION C, ANSWER ONLY ONE QUESTION (20 marks)

Q35a). Outline the Characteristics of a good evaluation design (10 marks)

The following are some of the characteristics of evaluation research;

- Evaluation research is conducted in the real world; that is, within the context of an organization.

- Evaluation research is primarily concerned with measuring the outcomes of a process rather than the process itself.
- Evaluation research is employed for strategic decision making in organizations.
- The goal of evaluation is to determine whether a process has yielded the desired result(s).
- It protects the interests of stakeholders in the organization.
- It often represents a middle-ground between pure and applied research.
- It is both detailed and continuous
- It utilizes qualitative and quantitative research methods to collect

B) Define evaluation research and explain at least four common types of evaluation research used in Monitoring and evaluation (10marks)

- Evaluation research is about checking how well a program is using resources to achieve its goals. It's not just about looking at outcomes but also evaluating how programs or services are delivered.

Program evaluations include: Formative (understanding needs beforehand), Process (monitoring progress and goals), Outcome (assessing impact on beneficiaries), Summative (determining objective achievement), and Appreciative Enquiry (identifying strengths).

Q36 a) M&E advocacy is critical for effective health service delivery because it: ensures accountability and transparency; improves program effectiveness and efficiency; strengthens evidence-based decision-making; facilitates continuous quality improvement; and promotes equity by addressing health disparities. Ultimately, it optimizes resource use, tailors programs to population needs, and improves access to quality healthcare.

b) To collect comprehensive information for a malaria control and prevention program, I would employ a mixed-methods approach, combining both quantitative and qualitative research methods.