



**AMREF INTERNATIONAL UNIVERSITY**

**SCHOOL OF MEDICAL SCIENCES**

**DEPARTMENT OF NURSING & MIDWIFERY SCIENCES**

**END OF SEMESTER (MAIN PAPER) AUGUST 2025 EXAMINATIONS**

**COURSE CODE AND TITLE: BSN 411: COMMUNITY HEALTH NURSING IV**

DATE: Monday 11<sup>th</sup> August 2025

Duration: 2 HOURS Start: 9:00AM

Finish: 11.00AM

**INSTRUCTIONS**

1. This exam is out of 70 marks
2. This Examination comprises THREE Sections.
  - Section I: Multiple Choice Questions (20marks)
  - Section II: Short Answer Questions (30 marks)
  - 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.

## **PART 1 MULTIPLE CHOICE QUESTIONS (20 MARKS)**

1. The methods of hormonal contraception that has the lowest failure rate with typical use: -
  - a) Female condom
  - b) Levonorgestrel IUD
  - c) Progestin-only pills
  - d) Combined oral contraceptive pills
2. The estrogen component of combined oral contraceptives: -
  - a) Inhibits FSH production
  - b) Provides the main contraceptive effect
  - c) Potentiates the luteinizing hormone surge
  - d) Thickens cervical mucus
3. Before advising a 24-year-old client desiring oral contraceptives for family planning, the nurse would assess the client for signs and symptoms of which of the following?
  - a) Hypertension
  - b) Dysmenorrhea
  - c) Acne vulgaris
  - d) Anemia
4. The information that the nurse should give a patient who has an intrauterine device (IUD): -
  - a) The sharp cramping that occurred with insertion should resolve within 4 weeks
  - b) If the client becomes pregnant while the IUD is in place, she has a greater risk of having an ectopic pregnancy
  - c) A string check that shows the end of the IUD string outside of the vagina means the IUD is in the proper place
  - d) The client may not experience a menstrual period for 3 months following insertion
5. The most appropriate action for a client on Depo Provera injection who reports 10 days after her scheduled date and wishes to continue with the same method is: -
  - a) Advise her to return to the clinic as soon as her menses resume
  - b) Administer the Depo Provera during this visit
  - c) Send her to the lab for a pregnancy test
  - d) Administer emergency contraceptive pills
6. A 19-year-old nulligravida client visiting the clinic for a routine examination asks the nurse about cervical mucus changes that occur during the menstrual cycle. Which of the following statements would the nurse expect to include in the client's teaching plan?
  - a) About midway through the menstrual cycle, cervical mucus is thick and sticky
  - b) During ovulation, the cervix remains dry without any mucus production
  - c) As ovulation approaches, cervical mucus is abundant and clear
  - d) Cervical mucus disappears immediately after ovulation, resuming with menses
7. Changes in monthly bleeding are common for women who use:
  - a) IUCD
  - b) Depo-Provera®
  - c) Pill
  - d) All the above
8. Women who use the SDM must have cycles:
  - a) Of any length; cycle length is not related to the fertile days
  - b) Lasting 26 and 28 days
  - c) Between 26 and 32 days long (regular monthly bleeding)

- d) Lasting 28 days
9. Implants are safe for breastfeeding women because they do NOT contain
- Progestin
  - Estrogen
  - Both estrogen and progestin
  - None of the above
10. The advice you would give to a client who misses combined oral contraceptive (COC) pills for 1 to 2 days in a row is to: -
- Take a hormonal pill as soon as possible
  - Use a back-up method for the next 7 days
  - Start a new pack of COC the next day
  - Take emergency contraceptive
11. The primary purpose of a community diagnosis is: -
- To identify individuals with a specific disease
  - To determine the prevalence of a particular health issue in a community
  - To diagnose an individual's specific health problem
  - To understand the community's overall health status and needs
12. The purpose of analyzing community data in community diagnosis is: -
- To identify specific individuals with health problems
  - To determine community priorities and resources
  - To administer community interventions
  - To align with community health concerns
13. Community involvement is important in community diagnosis because: -
- It reduces the workload of health professionals
  - It ensures compliance with medical treatments
  - It helps in accurately identifying health problems
  - It facilitates success of the community diagnosis
14. When setting priority during community diagnosis we consider: -
- Nature of the condition/problem presented
  - Magnitude of the problem
  - The resources required
  - Timelines on planning
15. The steps in community diagnosis are: -
- Developing the instrument, data collection and data summarization, data presentation
  - Data analysis, problem identification, priority setting, modifiability of the problem
  - Reducing, controlling and eradicating the problem
  - Determine the objectives, define the study population, determine the type of data
16. A key principle of community mental health is: -
- Isolation of individuals with mental illness
  - Focus on institutional care
  - Integration of mental health services into the community
  - Long-term hospitalization for all individuals with mental health needs
  - All of the above
17. The primary focus of prevention programs in community mental health is: -
- Treating existing mental disorders
  - Reducing the risk of developing mental health issues
  - Increasing the number of mental health facilities
  - Addressing the stigma surrounding mental illness

18. The definition of "community-based rehabilitation" is: -
- To rehabilitate individuals in a hospital setting
  - To rehabilitate individuals within their own communities
  - To provide individual counseling
  - To promote traditional medicine
19. The primary goal of social service programs within a community is: -
- To promote individual economic growth
  - To enhance community well-being and address social needs
  - To enforce government policies
  - To provide financial loans to individuals
20. The importance of community participation in addressing the needs of special groups is: -
- To ensure that the government takes responsibility
  - To foster inclusive and sustainable solutions
  - To discourage social change
  - To increase reliance on external funding

**PART II: SHORT ANSWER QUESTIONS (30 MARKS)**

- In a Community Diagnosis, health indicators are classified to provide a comprehensive assessment of community health status. State five (5) health indicators, according to the WHO classification (5 Marks).
- State five (5) components of community diagnosis (5 Marks).
- State five (5) specific roles of a community health nurse in management of special groups in the community (5 Marks).
- State five (5) factors that contribute to high prevalence of mental health issues in a community (5 Marks).
- Explain five (5) specific interventions in promoting and preventing mental health conditions in community (5 Marks).
- Outline five (5) components of school health programs (5 Marks).

**PART III: LONG ANSWER QUESTION (20 MARKS)**

- Family planning methods help to prevent unwanted pregnancies and preventable deaths occurring due to 'too soon/ too many' births, thus impacting maternal newborn, and child health outcomes.
  - Explain the mode of action of progesterone-releasing vaginal ring (5 Marks).
  - State the four (4) types of symptom based methods (4 Marks).
  - Explain five (5) specific side effects of implants and their management (5 Marks).
  - Explain the three (3) criteria's in lactational amenorrhea that a woman must meet for this method to be effective (6 Marks).