**KENYA MEDICAL TRAINING COLLEGE – NYAMIRA**

**END OF YEAR ONE SEMESTER TWO EXAMINATION**

**MARCH 2016 KRCHN CLASS (PRE-SERVICE)**

**FAMILY PLANNING EXAMINATION**

DATE: TIME:…………………..

**INSTRUCTIONS**

1. Read the questions carefully and answer only what is asked.
2. Enter your examination number and question number on each page used.
3. ALL questions are compulsory.
4. For part 1 (MCQs), write the answer in the spaces provided on the answer booklet and each MCQ is one (1) mark.
5. For Part 2 (SHORT ANSWER QUESTIONS), answer the questions following each other.
6. For Part 3 (LONG ANSWER QUESTIONS), answer to each question MUST start on a separate page.
7. Omission of and or wrong numbering of a question or part of the question will result in 10% deduction of the marks scored from the relevant part.
8. Do NOT use a pencil.
9. Mobile phones are NOT allowed in the examination hall.

For Examiner:

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| --- | --- | --- | --- | --- |
| **MCQS** | **SAQS** | **LAQS 1** | **LAQS 2** | **TOTAL** |
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**PART ONE: MCQS ANSWER QUESTIONS – FAMILY PLANNING – 10 MARKS**

Q.1. The following are warning signs in implants use except:

1. Delayed menses.
2. Infection at the site.
3. Explained abnormal vaginal bleeding.
4. Severe lower abdominal pain.

Q.2. Concerning spermicides the following is false:

1. Protects all sexually transmitted diseases including gonorrhoea and trichomoniasis.
2. Do not affect breast milk.
3. Increase vaginal lubrications.
4. Makes urinary infections more common.

Q.3. Physical signs to be observed for symptomthermal method include:

1. Menstruation cycle pain.
2. Abnormal feelings in the body.
3. Spoiling or bleeding.
4. Acceleration of ovulation.

Q.4. During vaginal examination anterior vaginal wall is palpated and then checked for:

1. Cystitis.
2. Cystocele.
3. Rectocele.
4. Muscle tone.

Q.5. Concerning natural family planning, the following category of women should delay using the method:

1. Regular vaginal bleeding.
2. Women around menarche and peri-meno-pausal periods.
3. Infection that alter body temperatures.
4. Those needing highly effective protection against pregnancy.

Q.6. Concerning female condoms:

1. Male condoms are more effective than female condoms.
2. Slightly effective than male condoms.
3. Cheaper and avoidable.
4. Inserted 2 minutes before sex.

Q.7. The following are contraindications of diaphragm except:

1. Client without relaxed prolapse.
2. Complete uterine prolapse.
3. Rectovaginal fistula.
4. Recto and rectocele which are mild to severe

For. Q.8 and Q.9. Match the following types of non-hormonal IUCD with the duration of effectiveness.

Q.8. (a) Nova T 200 (i) 3 years

(b) Cynae fix. (ii) 12 years

(c) Copper T380A (iii) 5 years

(d) Multiload 375 (iv) 8 years

(v) 6 years

Q.10. Concerning vasectomy:

1. Failure rare is less than 0.2%.
2. Formation of anti-sperm antibodies is not one of the side effects.
3. Its effectiveness is comparable to tubal ligation and implant.
4. It is not possible for a man to make his wife pregnant after 20 ejaculations.

**PART TWO: SHORT ANSWER QUESTIONS – FAMILY PLANNING – 20 MARKS**

Q.1. Differentiate natural fertility and controlled fertility. 2 marks

Q.2. Explain the three (3) types of COC’s. 6 marks

Q.3. State four (4) instructions for using spermicides. 4 marks

Q.4. Explain briefly how to remove a female condom after use. 3 marks

Q.5. State mechanisms of action of permanent methods of family planning. 2 marks

Q.6. Explain three (3) contraindications of IUCD. 3 marks

**PART THREE: LONG ANSWER QUESTIONS – FAMILY PLANNING – 20 MARKS**

Q.1. You are working in family planning clinic and a new client has come for family planning for the first time.

1. Explain how you will council the client. 5 marks
2. State the WHO medical eligibility criteria used in providing contraceptives. 6 marks
3. State four (4) purposes of medical eligibility criteria. 4 marks
4. State two (2) side effects of male condoms and how they can be managed. 5 marks