**KENYA MEDICAL TRAINING COLLEGE – NYAMIRA**

**END OF YEAR ONE SEMESTER TWO EXAMINATION**

**SEPTEMBER 2014 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:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MCQS** | **SAQS** | **LAQS 1** | **LAQS 2** | **TOTAL** |
|  |  |  |  |  |

**PART ONE: MCQS (MULTIPLE CHOICE QUESTIONS) FAMILY PLANNING– 10 MARKS**

Q.1. What is the meaning of the term “unmet need for family planning:?

1. When a woman has no need for family planning.
2. When couples do not want to use contraceptives but the health care worker insists that they need them.
3. Non use of contraceptives among women who are sexually active, able to conceive but do not want a child soon or at all.
4. When women understand that they need to use a birth spacing method, but their partners do not agree so they use it without their partners knowledge.

Q.2. Advantages of COCs include:

1. Trained non-medical person can provide them.
2. They are user dependant.
3. They are highly effective when used correctly.
4. They do not protect against STDs.

Q.3. The following contraceptive methods are preferable for breast feeding mothers except:

1. Depo-Provera.
2. IUCD.
3. Progesterone only pills.
4. High estrogenic pills.

Q.4. Delay in return to fertility is the disadvantage of:

1. COCs.
2. IUCD.
3. Depo-Provera.
4. Diaphragm.

Q.5. Norplant can prevent pregnancy at least for ………………. Years.

1. 8.
2. 6.
3. 5.
4. 3.

Q.6. Intrauterine contraceptive devices are contraindicated for a woman:

1. Who has a single partner.
2. Who is known or suspected to be pregnant.
3. Who suffers from unexplained vaginal bleeding.
4. Who is breast feeding.
5. Who presents with current septic abortion.

Q.7. The following contraceptive methods are considered to be ‘long term’:

1. IUCDs.
2. Implants.
3. Injectable.
4. A and b above.

**PART ONE: MCQS (MULTIPLE CHOICE QUESTIONS) FAMILY PLANNING– 10 MARKS**

Q.8. The most common contraceptive method currently used in Kenya is:

1. Injectable (DMPA).
2. Combine oral contraceptive (COC).
3. Male condoms.
4. Female sterilization.

Q.9. What are the objectives of client assessment?

1. To help clients arrive at an informed choice of reproductive options.
2. To help clients select a contraceptive method with which they are satisfied.
3. To help clients use the chosen method safely and effectively.
4. All of the above.

Q.10. Mechanisms of action of hormonal contraceptives include:

1. Suppress ovulation.
2. Thicken cervical mucus, preventing sperm penetration.
3. Make the endometrium less favourable for implantation.\
4. Induce sterile inflammation of the endometrium making implantation impossible.
5. Cause tubal blockage making fertilization impossible.

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

Q.1. Define the term family planning. 1 mark

Q.2. State three (3) health benefits of FP to a woman. 3 marks

Q.3. State four (4) factors hindering FP uptake. 4 marks

Q.4. Explain instructions given to a client using female condoms. 3 marks

Q.5. Write short notes on approaches used in counselling as related to FP. 9 marks

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

Q.1. Mrs Villis 28 years has been referred from Mviake health centre to your reproductive health clinic with history of dizziness, loss of appetite, prolonged per vaginal bleeding and episodes of epigastric pains. She is on hormonal implant for the last 2 years and she has never sought any medical attention prior to referral.

1. Manage Mrs Villis till she is discharged. 10 marks

Q.2. (a) Define intrauterine device. 1 mark

1. List three (3) advantages of IUCD. 3 marks
2. Describe the mechanisms of action of both types of IUCD. 6 marks