

KENYA MEDICAL



TRAINING COLLEGE

DEPARTMENT OF NURSING.

KITALE CAMPUS.

ACADEMIC YEAR 2018/2019.

FAMILY PLANNING

CLASS: MARCH 2017 CLASS

DATE: 02/02/2021

TIME: 4PM TP 5PM

INSTRUCTIONS TO THE CANDIDATE.

- 1). Read the questions carefully and answer only what is asked.
- 2). Enter your examination number on the answer booklet provided.
- 3). All questions are compulsory.
- 4). For Part 1 MCQ. Write the correct answer using **CAPITAL LETTERS**.
- 5). Each MCQ is one mark.
- 8). Omission of/or wrong numbering of a question or part of the question will result in 10% deduction of the marks scored from the relevant part.

MULTIPLE CHOICE QUESTIONS.

1. The Non-verbal communication skills that involve body language used in counselling for family planning are represented by the acronym:
A. CLEAR
B. REDI
C. GATHER
D. SOLER
Handwritten notes:
5 / Set stance
0 / open posture
4 / lean forward
6 / eye contact
A / relaxed body language
2. The client who should not use natural family planning method is:
A. Women with irregular cycles, women with Liver disease.
B. Couples who want highly effective protection against pregnancy, women who dislike touching their genitals ✗
C. Women whose partners are not cooperative, women with breast cancer
D. Women suffering from Deep Venous Thrombosis, women with irregular cycles
3. The barrier to effective family planning is:
A. Lack of privacy
B. Educational levels ✓
C. Family Planning methods
D. Gender roles
4. Suitable contraceptive methods for a HIV positive:-
A. IUCD, Abstinence and Adherence
B. IUCD, Implant and Condoms
C. Implants, Adherence and COCs
D. Adherence, COCs and Condoms
5. The clients eligible for IUCD are:-
A. Post abortion and Women with Cervicitis
B. Those taking ARVs with no complications and those with Cervicitis
C. HIV positive and Post abortion clients
D. HIV positive and Women with Cervicitis
6. Family Planning method whose warning signs have acronym 'DISCUSS':-
A. IUCD
B. DMPA (Depot-Medroxyprogesterone acetate)
C. Progestin Only Pills
D. Contraceptive Implants
7. Monophasics, Biphasics and Triphasics are examples :-
A. Combined Oral Contraceptives (COCs) ✓
B. Progestin Only Pills (POPs)
C. Injectable Contraceptives
D. Barrier methods of Contraceptives

8. The recommended method of FP for a Post-Partum Cardiac mother is:-
- Oestrogen containing pill
 - Progestin Only Pill
 - Intra-Uterine Contraceptive device
 - Combined Oral Pill
9. The method that comprise of Sympto-thermal Natural FP is a combination of:-
- Basal body temperature and Calender
 - Cervical Mucus and Basal Body Temperature
 - Calender and Cervical Mucus
 - Abstaining and Basal Body Temperature
10. Progesterone Only Oral contraceptives may help prevent the following diseases/conditions:-
- Endometrial cancer/PID/Trichomoniasis
 - PID/Ovarian cancer/Candidiasis
 - Benign Breast Lump/PID/Endometrial Cancer
 - Trichomoniasis/Benign Breast Lump/Endometrial Cancer
11. The Non-Hormonal methods of FP include:-
- IUCD/Pills/Condoms
 - Condoms/IUCD/Permanent
 - Permanent/Pills/LAM
 - LAM/Condoms/Pills
12. The concepts Family Planning are:-
- Synthetic, Non-Synthetic, Natural
 - Natural, Non-Synthetic, Biological
 - Permanent, Non-Synthetic, Biological
 - Biological, Synthetic, Permanent
13. Oestrogen derivatives in the Combined Oral Contraceptive: -
- Mestranol, Ethinylestradol
 - Mestranol, Norgestrel
 - Norgestrel, Levonogestrel
 - Levonogestrel, Norethindrone
14. The advantage of Natural FP: -
- Ability to adhere to religious norms, high use effectiveness
 - No cost after training, enhanced communication and intimacy
 - Service providers not dependent on commitment or both partners
 - Ability to adhere to religious and cultural norms, no day action is needed
15. Jadelle has the following characteristics: -
- Amenorrhea is rare side effects
 - Contains the hormone Etonogestrel
 - Effectiveness period of 5 months
 - They reduce menstrual flow

16. An example of a Biphasic COC is:-
- A. Ovanon
 - B. Nordette
 - C. Logynon
 - D. Marvelon
17. Contraceptive benefit of COC:-
- A. A pelvic exam is not required to initiate use
 - B. Reduction to shorter menstrual cycle
 - C. Decrease in dysmenorrhea
 - D. Reduction of symptoms of endometriosis
18. The Emergency contraceptive pill comprises of:-
- A. Postinor 2 – Two 750 mcg tablets stat after unprotected intercourse
 - B. Regular progesterone only pill (Mini Pill)
 - C. Microgynon 30 mcg 4 tablets stat and within 72 hours of unprotected sex.
 - D. Postinor 2 – Two 750 mcg tablet stat as soon as possible within 72 hours of unprotected sex repeat dose after 12 hours
19. The hormonal content of Progestin only pills (POPs):-
- A. High doses of synthetic oestrogen
 - B. High doses of Synthetic progestin
 - C. Low doses of Synthetic oestrogen
 - D. Low doses of Synthetic progestin
20. The role of a nurse in Family Planning is:
- A. Interact with the client
 - B. Allay anxiety to the woman before IUCD insertion
 - C. Solving the marital problems the couple may have
 - D. Support a woman and her partner in choosing FP method.
21. An example of a Triphasic low dose Combined Oral Contraceptive is:
- A. Nordette
 - B. Logynon
 - C. Ovanon
 - D. Microgynon
22. A Non-contraceptive benefit of Combined Oral contraceptive is:
- A. Treatment of acne and hirsutism
 - B. Are easy to use
 - C. No pelvic exam is required to initiate use
 - D. Are highly effective and are flexible
23. Indicate whether the statements are True or False.
- (i) Progestins do not suppress production of Milk.
 - (ii) Progestin only pills prevent pregnancy by thickening the cervical mucus

24. A nurse advises a client in need for an Emergency Hormonal contraceptive that it must be taken within:
- A. 72 Hours
 - B. 24 Hours
 - C. 48 Hours
 - D. 120 Hours
25. IUCD offers the following contraceptive benefit:
- A. Reduce menstrual bleeding
 - B. Immediate effectiveness
 - C. Prevent ectopic pregnancy
 - D. Protect from endometrial cancer
26. For Lactational Amenorrhoea Method, a nurse advises a client that one of the following MUST be met:
- A. The woman's menstrual period has resumed
 - B. The baby is exclusively breast or nearly exclusively breastfed
 - C. The baby is more than six months old
 - D. The woman is a Multipara
27. The sign and symptom a client must be keen on while using symptom-thermal method include:
- A. Cervical changes
 - B. Headache
 - C. Nausea and vomiting
 - D. General body malaise
28. A limitation of Emergency Contraceptive pill use is:
- A. It must be prescribed by a gynaecologist/obstetrician
 - B. Close monitoring should be done as pills are taken
 - C. Are not to be used as a regular method
 - D. There is risk for decreased effectiveness on use
29. The hormonal contraceptive with the correct amount of hormone formulation is:
- A. Jadelle 68mg/rod
 - B. Implanon 75mg/rod
 - C. Depo provera 300mgs/ml
 - D. Sino-implant 75mgs /rod
30. The foundation of family planning should be established during the;
- A. Postnatal period
 - B. Antenatal period
 - C. Intranatal period
 - D. Labour

31. Side effects of injectable contraceptives include:

- A. Headache, Increase in sex drive, Mood swings
- B. Weight gain, Increase in sex drive, Abdominal bloating
- C. Menstrual changes, Pregnancy, Dizziness
- D. Mood swings, Headache, Weight gain

32. Monoplastic contraceptives (pills) include:

- A. Nordette, Microgynon, Ovanon
- B. Lo-femenal, Nordette, Normovlar
- C. Microgynon, Lo-femenal, Marvelon
- D. Logynon, Trinordial, Nordette

33. The antiretroviral drug in category 3 for combined hormonal pills (COCs) is:

- A. Nevirapine
- B. Efavirenz
- C. Ritonavir
- D. Zidovudine

34. Women over 40 years should:

- A. Offered surgical contraception
- B. Initiated on any method of family planning
- C. Not to be initiated on a family planning method
- D. Be encouraged to use condom only

35. Counselling is an important prerequisite for the initiation and continuation of:

- A. Care
- B. Family planning method
- C. Prevention of Hiv/Aids
- D. Services

36. Dual protection is explained as:

- A. Protection against STIs (including HIV/AIDs)
- B. Use of hormonal method of family planning
- C. Use of condoms once in a while
- D. Protection against STIs and unplanned pregnancy

37. Cost considerations for clients include:

- A. Financial and opportunity cost
- B. Transport and service provision costs
- C. Contraceptive and transport costs
- D. Contraceptive and service provision costs

38. Clients rights in family planning are:

- A. Information, Health provider, Access to services
- B. Informed choice, Facility, Access to services
- C. Safety of services, Privacy and confidentiality, Informed choice
- D. Safety of services, Health provider, Continuity of care.

39. The Non-Contraceptive benefits of contraceptive implant include:
- A. 24 hours insertion, protect against iron deficiency anaemia
 - B. Protect from symptomatic PID, no frequent clinic visits required
 - C. May reduce menstrual flow, can be used by breast feeding mothers starting 6 weeks after child birth
 - D. Highly effective, does not interfere with intercourse
40. Report on family planning services in a service delivery point is written:
- A. Monthly
 - B. 2 monthly
 - C. Quarterly
 - D. Annually
41. The type of intra-uterine devices are classified into two major categories which are:
- A. Hormonal releasing devices, Copper T 380A
 - B. Copper based devices, Hormonal releasing devices
 - C. Copper-based devices, levonogestrel implant
 - D. Hormonal releasing devices, Nova T
42. After insertion of an IUCD the client should come back for check-up:
- A. 3-6 weeks
 - B. 4-8 weeks
 - C. After 3 months
 - D. Annually
43. When family planning commodities are received in a supplies store, they are entered into:-
- A. Delivery note
 - B. S.11
 - C. Goods receiving note
 - D. Bill Card
44. When a couple(client) is using the billings method of family planning, they are required to abstain from intercourse for:
- A. 10 days
 - B. 18 days
 - C. 3 days
 - D. 1 day
45. Effectiveness for female voluntary surgical contraception is:
- A. 99.9%
 - B. 98.1%
 - C. 99%
 - D. 97%

46. The mode of action for vasectomy is that it:

- A. Kills all the sperms in the vas deferens
- B. Prevents transportation of sperms from the testes of the seminal vesicle and urethra
- C. Prevents the formation of sperms in the seminiferous tubules
- D. Stops the ejaculation

47. The best time to start the 1st cycle of the progestin only pill as a method of family planning is:

- A. Within 5 days of menstrual bleeding
- B. Within 1st 7 days of the menstrual
- C. After 10 days from the start of the menstrual bleeding
- D. On the 12th day from the start of the menstrual bleeding

48. In the second step of the REDI approach of counselling, the provider:

- A. Builds rapport.
- B. Asks the client about herself and her felt need
- C. Implements the decision made by the client
- D. Explores the problem of the client

49. According to the MEC, a client presenting with vaginal bleeding is advised not to use:

- A. Levonogestrel IUCD
- B. COCs
- C. POPs
- D. Mechanical barrier methods

50. The Non-contraceptive benefit of LAM is that:

- A. LAM does not interfere with sexual activity
- B. It has no known health risks
- C. Return to fertility is immediate
- D. Optimal breastfeeding provides health benefits for both the mother and the baby