

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

**EXAMINATION FOR THE AWARD OF DEGREE
OF BACHELOR OF SCIENCE IN NURSING**

NURS 352: FAMILY PLANNING

STREAMS: BSC. NURSING (Y3S2)

TIME: 2 HOURS

DAY/DATE: WEDNESDAY 07/07/2021

08.30 A.M. – 10.30 A.M.

INSTRUCTIONS:

- 1. Do not write anything on the question paper.**
- 2. Mobile phones and any other reference materials are NOT allowed in the examination room.**
- 3. All questions are compulsory.**

MULTIPLE CHOICE QUESTIONS (20)MARKS)

1) Which of the following contraceptive methods has the lowest pregnancy rate in 100 women using the method perfectly for 1 year (100 woman-years of use)?

- a) copper-containing intrauterine contraceptive device (IUCD)
- b) long-acting progestins (Depo-Provera)
- c) diaphragm
- d) oral contraceptives (OCs)

2) Spermicides destroy spermatozoa primarily by which of the following methods?

- a) disrupting cell membranes
- b) inhibiting glucose transport
- c) altering vaginal enzymes
- d) increasing vaginal pH

3) When fitting the contraceptive diaphragm, it should sit comfortably between which of the following?

- a) anterior and posterior vaginal fornices
- b) anterior vaginal fornix and posterior urethrovesical angle
- c) pubic symphysis and anterior vaginal fornix
- d) pubic symphysis and posterior vaginal fornix

4) Reducing the estrogen content of OCs has resulted in an increase in the rate of which of the following?

- a) breakthrough bleeding (BTB)
- b) thromboembolic complications
- c) insulin resistance
- d) premenstrual symptoms

5) A college student has been “surfing the Web” as she is considering initiating Oral Contraceptive Pill for contraception but is frightened that the pill is more dangerous than a pregnancy. You reassure her that the pill has many benefits but can rarely increase the risk of which of the following conditions?

- a) hepatic adenoma
- b) salpingitis
- c) ovarian cancer
- d) endometrial cancer

6) A 36-year-old obese woman comes to your clinic for an annual examination. She has no complaints, is sexually active with multiple partners, uses Oral Contraceptives for birth control and has a strong family history of heart disease. Based on risk factors present in this patient, which of the following is indicated?

- a) prophylactic antibiotic treatment
- b) fasting serum cholesterol
- c) 3-hour glucose tolerance test
- d) screening colposcopy

7) When you advise a couple about vasectomy in comparison to female sterilization, which of the following is more accurate regarding vasectomy?

- a) requires a longer stay in the hospital
- b) is effective sooner

- c) has a lower failure (pregnancy) rate
 - d) is less reversible
- 8) The administration of RU-486 (mifepristone) results in which of the following?
- a) abortion when given in early pregnancy
 - b) delayed menses when given during the mid-luteal phase
 - c) menses when given during the follicular phase
 - d) resistance to prostaglandin inhibitors
- 9) A 28-year-old woman cannot feel the string of her IUCD and a serum pregnancy test is negative. The most appropriate next step in the management of this patient is?
- a) obtain an abdominal radiogram
 - b) obtain a pelvic ultrasound
 - c) perform a hysterosalpingogram
 - d) probe the cervical canal gently to pull down the string
- 10) Which of the following contraceptive methods is most closely associated with an increase in dysmenorrhea?
- a) Oral Contraceptives
 - b) progestin-only pill (the minipill)
 - c) cervical cap
 - d) copper-containing IUCD
- 11) Which of the following contraceptive methods would be relatively or absolutely contraindicated for a 17-year-old woman with a history of ectopic pregnancy?
- a) Oral Contraceptives
 - b) progestin-only pill (the minipill)
 - c) cervical cap
 - d) Intra Uterine Contraceptive Device
- 12) A 22-year-old woman presents for routine care, having been using depot medroxyprogesterone acetate (DMPA) for contraception for the past 2 years. She has been amenorrheic for the past 6 months and would like to continue the DMPA. The best management is
- a) change to an alternate contraceptive method
 - b) add cyclic estrogen supplementation

- c) measure serum calcium concentration
 - d) continue the current DMPA unchanged for another year
- 13) A 28 year old clients comes for contraception .Physical examination reveals a 12–14-week, irregular uterus suggestive of uterine leiomyomata. Based on these findings, the most appropriate contraceptive method for this patient would be which of the following?
- a) monophasic combination OCs
 - b) polyphasic combination OCs
 - c) depot medroxyprogesterone acetate
 - d) Intra Uterine Contraceptive Device
- 14) What is the most common contraceptive method used by women of reproductive age (15–44 years) in Kenya?
- a) Oral Contraceptives
 - b) male condom
 - c) injectable contraceptives
 - d) Intra Uterine Contraceptive Device
- 15) Which one of the following hormonal contraceptives cannot be used during lactation?
- a) Mini-pill
 - b) Norplant
 - c) DMPA
 - d) Low estrogen combined oral contraceptive pill
- 16) The combined oral contraceptive pill, besides being used as a method of contraception, can be used to treat the following, EXCEPT:
- a) Endometriosis.
 - b) Menorrhagia.
 - c) Dysmenorrhea.
 - d) Functional ovarian cyst.
- 17) The issue of _____ refers to the effect a contraceptive method will have upon the ability to conceive in the future.
- a) effectiveness
 - b) shared responsibility
 - c) moral acceptability

- d) reversibility
- 18) Which of the following women would benefit from taking oral contraceptives?
- a) 20-year-old woman who is a heavy smoker
 - b) 25-year-old woman who has menstrual cramping
 - c) 28-year-old woman who is nursing her baby
 - d) 35-year-old woman with a history of circulatory problems
- 19) All of the following are true about fertility awareness methods, EXCEPT
- a) Their basic premise is that intercourse is avoided on days when conception is most likely.
 - b) They are used by most couples because of their religious beliefs.
 - c) They are generally inexpensive, natural, and fully reversible.
 - d) They are as effective as methods like the cervical cap or the female condom.
- 20) The following conditions are aggravated by combined oral contraceptive pills
- a) Hirsutism
 - b) Endometriosis
 - c) Pre-menstrual syndrome
 - d) Genital fungal infection

SHORT ANSWER QUESTIONS (30 marks)

- 1) Explain the three types of hand washing necessary for infection prevention (6 marks)
- 2) Describe the counseling procedure for the first time family planning clients ((7marks)
- 3) Explain three categories of the medical eligibility criteria in family planning (6 marks)
- 4) Outline three contraceptive benefits and two non contraceptive benefits of progesterone containing pills (5 marks)
- 5) Describe the lactational amenorrhea method of family planning (6marks)

LONG ANSWER QUESTIONS (20 marks)

A 20 year old comes to the clinic for family planning. After counseling she chooses intrauterine contraceptive device (IUCD).

- a) Explain the specific information she needs to know about IUCD (5marks)
 - b) Describe the insertion procedure (15 marks)
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