

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

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

NURS 351: SEXUAL REPRODUCTIVE HEALTH

STREAMS: NURS Y3S1

TIME: 2 HOURS

DAY/DATE: FRIDAY 8/12/2017

2.30 P.M - 4.30 P.M.

INSTRUCTIONS:

- Do not write anything on the question paper.
- Mobile phones and any other reference materials are NOT allowed in the examination room.
- The paper has THREE sections. ALL Questions are compulsory
- All your Answers for section I (MCQ s) should be on the first page of the answer booklet.
- Number ALL your answers and indicate the order of appearance in the space provided in the cover page of the Examination answer booklet.

SECTION A:

MULTIPLE CHOIC QUESTIONS [30 MARKS]

1. The development of primary sex characteristics is evidenced by
 - A. A rapid change in height and weight
 - B. Growth and development of the breasts
 - C. Growth and development of the ovaries
 - D. Changes in the distribution of fat
2. As opposed to primary sexual characteristics, changes in secondary sexual characteristics are mostly evident in changes in
 - A. Reproductive capacity
 - B. The skeletal system
 - C. The circulatory system
 - D. The blood system
3. Hormones affect the body in many different ways. Which of the following statements captures the manner in which hormones serve an organizational role in the body?
 - A. Prenatal hormones cause the brain to grow in certain ways
 - B. Prenatal hormones cause genes to influence organ development
 - C. Hormonal changes during puberty affect the functioning of the gonads
 - D. Hormonal changes during puberty affect the functioning of the pituitary gland

NURS 351

4. The hypothalamus is part of which bodily system?
 - A. Autonomic nervous
 - B. Endocrine
 - C. Central nervous
 - D. Circulatory

5. If an adolescent was exposed to an external stimulus that artificially raised the level of sex hormones in the body, how would the hypothalamus likely respond?
 - A. By changing the instructions it sends to the pituitary gland
 - B. By altering the instructions it sends to the gonads
 - C. By ignoring the artificial levels of sex hormones in the body
 - D. By losing control over the level of hormones in the body

6. When an adolescent's facial hair starts growing, or acne develops, or breasts start to grow, or the genital start to change, which organ in the body are these changes directly caused by?
 - A. The hypothalamus
 - B. The adrenal glands
 - C. The pituitary glands
 - D. The ovaries or testicles

7. Luteinizing hormone-releasing factor and follicle-stimulating hormone-releasing factor are secreted by
 - A. The pituitary
 - B. The adrenal gland
 - C. The hypothalamus
 - D. The ovaries

8. The main reason teens look so awkward and "gangly" during puberty is
 - A. Synchronicity in growth causes different body parts to grow at the same time
 - B. Asynchronicity in growth causes different body parts to grow at different times
 - C. Dietary problems cause their feet and hands to outgrow their torso
 - D. The torso tends to grow earlier and faster than the extremities

9. Muscle growth during puberty occurs
 - A. Only in males
 - B. Only in females
 - C. In both genders
 - D. Very slowly in females

10. Males tend to develop the capability of fathering a child:
 - A. Relatively early in the overall changes of puberty
 - B. Relatively late in the overall changes of puberty
 - C. Soon after they are begin dating
 - D. Soon after the levels of sex hormones begin to change.

NURS 351

11. Which are, in general, the earliest changes that occur during pubertal growth
 - A. Breast buds in females, size of penis in males
 - B. Underarm hair in females, size of penis in males
 - C. Breast buds in females, growth of testes in males.
 - D. Menarche in females, growth of testes in males

12. A late development in the pubertal sequence of females is
 - A. Breast development
 - B. Growth of pubic hair
 - C. Menarche
 - D. Growth spurt

13. A possible explanation for the myth that a female can't become pregnant the first time she has sexual intercourse is
 - A. The typical female begins sexual relations before menarche
 - B. The typical female begins sexual relations after menarche
 - C. Her partner typically uses contraceptives
 - D. Females tend to ovulate regularly only one or two years after menarche

14. Researchers looking at the association between puberty and moodiness in adolescence have concluded that the relationship is
 - A. Nonexistent
 - B. Weak to moderate
 - C. Strong
 - D. Very strong

15. The analogous process in males to female menarche is
 - A. Penis growth
 - B. First ejaculation
 - C. Development of the testes
 - D. The voice change

16. Adolescents girls' attitudes towards menarche tends to be strongly influenced by
 - A. The attitudes of male peers
 - B. The attitude of fathers
 - C. The discussion she has had with females she feels close to
 - D. What she reads about menarche in class

17. Brent is a teenage male who is having difficulty with drug use and antisocial behavior. He is most likely a (n):
 - A. Early mature
 - B. "on-time" mature
 - C. Late mature
 - D. None of the above

NURS 351

18. Perhaps the main reason early-maturing males have the difficulties they have is the fact that:
 - A. The hormonal changes they experience tend to be stronger than that of late-maturing males
 - B. They tend to come from families that have more problems
 - C. They have not had as much time as late-maturing males to adapt to the changes that puberty will bring
 - D. They are looked down upon by their peers

19. One of the long-term, social-emotional issues associated with early maturation in males is
 - A. Low-esteem
 - B. Irresponsibility
 - C. Uncooperativeness
 - D. Lack of inventiveness

20. One of the factors that seem to influence whether or not early maturation in females is positive or negative is
 - A. The culture's attitude toward sexuality and appearance
 - B. Ethnicity
 - C. Socioeconomic status
 - D. Nutrition

21. One of the reasons the typical teen gains weight during adolescence, and a reason that is relatively unknown to the teen, is
 - A. The typical decrease in metabolic rate
 - B. The typical increase in metabolic rate
 - C. The typical increase in sedentary activities such as TV viewing
 - D. A genetic tendency to gain weight regardless of nutrition

22. The possible causes of eating disorders among adolescents include all of the following except:
 - A. Lack of control over attractions to certain foods
 - B. Genetic predispositions
 - C. Hormonal change
 - D. Family dysfunction

23. A contributor to the "new morbidity and mortality" in adolescence is
 - A. Chronic illness
 - B. Substance abuse
 - C. Physical disabilities
 - D. Dental difficulties

24. While adolescence is naturally a very healthy period of life, many adolescents experience health problems due to
 - A. Genetic defects
 - B. Hormonal dysfunction
 - C. Lifestyle choices
 - D. Separation from parents

NURS 351

25. Many minority teens are at greater risk for developing health problems during adolescence due to
- A. Genetic differences
 - B. Hormonal imbalances
 - C. Cultural values
 - D. Inadequate access to health care
26. Programs that advocate health-enhancing behaviours in teens have been shown to
- A. Change teens' behavior
 - B. Change teens' attitudes toward health-compromising behaviors
 - C. Have no effect on attitudes
 - D. Have failed because almost no teens participate in such programs
27. The sequence of sexual maturation for both male and female adolescents are describe in _____ stages.
- A. Piagetian
 - B. Tanner
 - C. Masters and Johnson
 - D. Fruedian
28. A cross-sectional study involves gathering information:
- A. From groups of individuals of different ages
 - B. From groups of individual over time
 - C. From groups of individuals from different regions of the country
 - D. From groups of individuals representing both genders.
29. STDs are most common in which age group?
- A. Teens and young adults up to age 24
 - B. People ages 30 to 45
 - C. People 60 and older
 - D. All of the above

PART B: SHORT ANSWER QUESTIONS [40 MARKS]

1. To avoid AIDS, ABC strategy is recommended. What does ABC stand for? [3 Marks]
2. Stat five components of safe motherhood. [5 Marks]
3. Explain the processes of testing a pregnant woman on HIV. [8 Marks]
4. State five risk factors for mother to child transmission (MTCT) of HIV. [5 Marks]
5. State five reasons why male involvement in reproductive health is important. [5 Marks]
6. (i) List the two broad categories of sexually transmitted diseases. [1 Mark]
(ii) List two examples under each category. [2 Marks]

NURS 351

7. Describe syphilis under the following subheadings

- | | |
|------------------------------|-----------|
| (i) Causative organism | [1 Marks] |
| (ii) Clinical presentations. | [5 Marks] |
| (iii) Medical management | [3 Marks] |
| (iv) Complication | [2 Marks] |
-