

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

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

NURS 352: FAMILY PLANNING

STREAMS: BSC (NURS) Y3S2

TIME: 2 HOURS

DAY/DATE: MONDAY 06/04/2020

11.30 A.M. – 1.30 P.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. The paper has three sections. Answer ALL the questions.
4. All your answers for Section I (MCQs) should be on one page.
5. Number ALL your answers and indicate the order of appearance in the space provided in the cover page of the examination answer booklet.
6. Write your answers legibly and use your time wisely

1. On WHO medical eligibility criteria for contraceptive use, choose the correct statement:
 - (a) Category 4 implies that the method can generally be used as long as there is clinical judgment
 - (b) Category 3 implies method has risks that outweigh benefits for use
 - (c) Category 1 implies that the method may not be used unless there is clinical judgment
 - (d) Category 2 indicates the method may not be used at all
2. The most common side effect of IUCD insertion is:
 - (a) Bleeding
 - (b) Pain
 - (c) Pelvic infection
 - (d) Ectopic pregnancy

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3. Which type of contraceptive pill is considered acceptable for the first six weeks after birth when breastfeeding?
 - (a) Combination birth control pills
 - (b) Triphasic birth control pills
 - (c) High estrogen pills
 - (d) Progestin only pills

4. Which of the following is a health risk for women taking the pill?
 - (a) Benign liver tumors which can eventually be fatal
 - (b) Higher chances of acquiring sexually transmitted diseases such as chlamydia and gonorrhea.
 - (c) Increased vaginal discharge and susceptibility to vaginitis
 - (d) All of the above

5. Combined oral contraceptives reduces the risk of the following except
 - (a) Ovarian cysts
 - (b) Intermenstrual bleeding
 - (c) Liver disease
 - (d) Benign breast diseases

6. The effectiveness of natural family planning relies on
 - (a) Avoiding use of artificial forms of family planning
 - (b) Careful and complete instruction by trained specialists
 - (c) Having intercourse according to the couples natural rhythm of desire
 - (d) Use of herbs and concoctions

7. Which of the following is accurate in regard to use of the male condom?
 - (a) Combined with a contraceptive foam or cream or a diaphragm, male condoms are close to 100 percent effective.
 - (b) Condoms should be pulled down to fit snugly over the glans of the penis, leaving no space at the tip
 - (c) For purposes of contraception, a man does not need to put on a condom until he is ready to ejaculate
 - (d) Typical use has an effectiveness of 88%

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8. A 24 year old multiparous patient is interested in long term contraception, but is concerned that the copper IUD acts as an abortifacient. The best guidance you could give her is:
- (a) She should not use the copper IUD because its main mechanisms of action is an abortifacient
 - (b) The main way in which the copper IUD prevents pregnancy is by acting as a spermicide
 - (c) Tubal ligation is a more effective long-term contraceptive than an IUD, so she should consider that instead
 - (d) IUD is associated with a high rate of infection (pelvic inflammatory disease)
9. One of the following is not a principle of a good client-provider interaction
- (a) Providing client's preferred method
 - (b) Giving all the available information about all reproductive health issues
 - (c) Providing information on fewer topics, which are directly relevant to the clients expressed needs, concerns and circumstance
 - (d) Using and providing memory aids
10. The following statement about contraception is correct:
- (a) The combined oestrogen/progestogen contraceptive pill usually increases menstrual blood loss
 - (b) Inflammatory bowel disease is a recognized contraindication to the combined oestrogen/progestogen pill
 - (c) The progestogen-only contraceptive pill is recognized to cause intermenstrual bleeding
 - (d) Laparoscopic sterilization of the female by Falope rings can be successfully reversed in over 90% of cases
11. Which of the following is the most direct public health or socioeconomic effect of contraceptive use?
- (a) Improved socioeconomic status
 - (b) Reduced maternal morbidity
 - (c) Diminished incidence of fetal abnormalities
 - (d) Decreased prevalence of sexually transmitted diseases (STDs)

12. Currently available 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
13. Emergency contraception can be effective if administered up until how long after intercourse?
- (a) 48 hours
 - (b) 72 hours
 - (c) 4 days
 - (d) 5 days
14. A 19 year old woman and her boyfriend wish to use condoms as a barrier contraceptive method. This couple should be advised that the most common reason for failure (pregnancy or STD transmission) is which of the following?
- (a) Breakage
 - (b) Inconsistent use
 - (c) Use without concomitant use of a spermicide
 - (d) Spill of condom contents upon withdrawal
15. A 17 year old woman with a history of ectopic pregnancy presents for contraceptive counseling. Which of the following contraceptive methods would be relatively or absolutely contraindicated?
- (a) Intra Uterine Contraceptive Device
 - (b) Oral Combined pill
 - (c) Progestin only pill (the minipill)
 - (d) Male condoms
16. Which of the following contraceptive methods is most closely associated with an increase in dysmenorrhea?
- (a) Oral Combined pills
 - (b) Progestin-only pill (the minipill)
 - (c) Cervical cap
 - (d) Copper-containing Intra Uterine Contraceptive Device

17. A 28 year old multiparous woman presents for an annual examination and contraceptive counseling. She has no ongoing medical illnesses and physical examination reveals a 12-14-week, irregular uterus suggestive of uterine leiomyomata. The most appropriate contraceptive method for her would be?
- (a) Monophasic combination oral contraceptives
 - (b) Polyphasic combination oral contraceptive
 - (c) Depot medroxyprogesterone acetate
 - (d) Intra uterine contraceptive device
18. Toxic shock syndrome has been associated with which of the following contraceptive methods?
- (a) Oral Combined pills
 - (b) Progestin only pill (the minipill)
 - (c) Male condoms
 - (d) Cervical cap
19. A 36 year old multiparous woman and her husband request information regarding permanent sterilization. When you advise them about vasectomy in comparison to female sterilization, which of the following is more accurate regarding vasectomy?
- (a) Has a lower failure (pregnancy) rate
 - (b) Requires a longer stay in the hospital
 - (c) Is effective sooner
 - (d) Is less reversible
20. Over the years the estrogen component of the oral contraceptive pill has been dramatically decreased. This has in turn minimized certain side effects. Reducing the estrogen content of oral contraceptives has resulted in an increased rate of which of the following?
- (a) Breakthrough bleeding (BTB)
 - (b) Thromboembolic complications
 - (c) Insulin resistance
 - (d) Premenstrual symptoms

SHORT ANSWER QUESTIONS (30 MARKS)

1. Explain the importance of family planning to the following
 - (i) Women and children [6 marks]
 - (ii) The community [4 marks]
2. Describe the non-family planning benefits of oral combined contraceptives [7 marks]
3. Explain four (4) factors affecting client's choice of a certain family planning method [8 marks]
4. State five limitations of progestin only pills as a form of family planning [5 marks]

LONG ANSWER QUESTIONS (20 MARKS)

1. 23 Year old Prisca comes to the family planning clinic 6 weeks after delivery with her baby. After counseling, she chooses NXT for her family planning
 - (a) Describe the counseling procedure [6 marks]
 - (b) Explain mode of action of implants [2 marks]
 - (c) Describe the insertion procedure [12marks]
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