



# **MAASAI MARA UNIVERSITY**

**REGULAR UNIVERSITY EXAMINATIONS  
2023/2024 ACADEMIC YEAR  
FOURTH YEAR FIRST TRIMESTER**

**SCHOOL OF PURE, APPLIED AND HEALTH SCIENCES  
BACHELOR OF SCIENCE IN NURSING**

**COURSE CODE: NUR 4101  
COURSE TITLE: SEXUAL AND REPRODUCTIVE  
HEALTH**

**DATE: 25/4/2024**

**TIME: 0830-1130HRS**

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## **INSTRUCTION TO CANDIDATES**

**Section A: Multiple Choice Questions. Answer ALL Questions**

**Section B: Short Answer Questions. Answer ALL Questions**

**Section C: Long Answer Questions. Answer Question ONE and any other ONE question.**

*This paper consists of 6 printed pages. Please turn over.*

**SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS) SELECT THE CORRECT ANSWER.**

1. Family planning options used during post-partum period include;
  - a) Combined oral contraceptives, bilateral tubal ligation, intra-urine device.
  - b) Progesterone only contraceptive, lactational amenorrhea method, intra-urine device
  - c) Combined oral contraceptive, progesterone only contraceptive, voluntary surgical contraceptive
  - d) Voluntary surgical contraceptive, lactational amenorrhea method, intra-urine device
2. Common emotional health problems among the young include;
  - a) Suicidal tendency, alcoholism, drug abuse
  - b) Homosexuality, STI, Truancy
  - c) Drug abuse, school dropout, promiscuity
  - d) Suicidal tendency, STI, school dropout.
3. The gender disparities commonly observed in the community which needs to be discouraged includes;
  - a) Inadequate medical care exploitation of girl child
  - b) Female genital mutilation, good education
  - c) Polygamy, stunted growth
  - d) Wife inheritance monogamy
4. Maternal death is defined as one occurring during;
  - a) Delivery up to 6 – 8 weeks post-delivery or abortion
  - b) Pregnancy or labor or as consequence of pregnancy within 42 weeks after delivery or abortion
  - c) Pregnancy or labor or as consequence of pregnancy within 42 days after delivery or abortion
  - d) Pregnancy or labor or as a consequence of pregnancy within 42 months after delivery or abortion
5. Which of the following reproductive tract of women are referred as lower reproductive tract infection?
  - a) Vulva, vagina, uterus, fallopian tube.
  - b) Ovaries, uterus, vulva, vagina,
  - c) Vulva, vagina, cervix
  - d) Cervix, uterus, fallopian tube
6. Characteristics of fertile cervical mucus are;
  - a) Opaque, Clumpy, Slippery
  - b) Sticky, Slippery, Opaque
  - c) Transparent, Sticky, Stretchy

d) Stretchy, Transparent, Slippery

7. The management of an FIP client who comes to your clinic in the hospital complaining of lost thread would be;
- Send home to wait for thread to disappear
  - Re - assured and given return date
  - Perform a polite examination and re - assure
  - Send to x - ray advice on use of back method
8. The following is not unacceptable health risk for combined oral contraceptive
- Less than 35years of age and is alight smoker
  - Pregnancy less than 20 weeks
  - Breastfeeding less than 6 weeks' post-partum
  - Unexplained vaginal bleeding.
9. The general fertility rate is
- Total number born alive last year  
Total female in population between 15 - 49 years
  - Total number born alive last in past year x 100  
Total population at a time of survey
  - Total number who died past year x 100  
Total population at time of survey
  - Total number of death less than one year old in the past year x100  
Total live birth in postpartum
10. Lactation Amenorrhea method of family planning is suitable for a woman who is:
- Breastfeeds exclusively, has history of delayed menstruation, has a baby of more than 6 months
  - breast feeds exclusively, has not resumed menstruation, want a highly effective methods in the first six months.
  - Beast feed exclusively, has not resumed menstruation, has a baby less than six months old
  - Breast feed on demand, want protect resume menstruation after six months
11. The maternal mortality ratio in Kenya is estimated at 414 per
- 100 live births
  - 1000 live births
  - 10,000 live births
  - 100,000 live births

12. The barrier methods of contraception include
  - a) Condoms, diaphragms, spermicides
  - b) Plan ended condoms, treated ended condoms, female condoms
  - c) IUCD, diaphragms, condoms
  - d) Norplant, spermicides, diaphragms
  
13. Contra -indications to vasectomy include,
  - a) Diabetic patients, pharimosis
  - b) Hypospadias, large hydrocele
  - c) Desired family size male participation
  - d) Large hydrocele, inguinal Hernia
  
14. Health care provides weakness identified by stake holder in the implementation plan of Reproductive Health (1999-2000) includes;
  - a) Lack of staff
  - b) Inadequate resources
  - c) Poor communication skills
  - d) Lack of community involvement
  
15. The useful registers to be kept while monitoring pregnancy and providing prevention of mother to child transmission (PMCT) of HIV/AIDS services include
  - a) Ante - natal client registers, counselling register, ARV register, cold chain register.
  - b) Counselling register, ARV register, ante - natal register, delivery register.
  - c) Delivery register, ARV register, family planning, counselling register
  - d) ARV register, laboratory register, ante - natal register, anti - biotic register
  
16. The comprehensive Emergency Obstetric care includes the following;
  - a) Performing surgery Caesarean section including provision of emergency obstetric Analgesia, blood transfusion
  - b) Only basic Emergency obstetric care
  - c) Include administration of blood transfusion, and performing new born
  - d) Only administration of Iv antibiotics and blood transfusion
  
17. Limitation to Bilateral Tubal Ligation is
  - a) Irreversible
  - b) Those who voluntary fellow informed consent procedure
  - c) Uncertain of desired family size

- d) Those men willing to participate in family planning
18. The Nova T. prevent pregnancy by
- Increasing sperm mobility
  - Inhibiting the implementation of blastocyst
  - Decreasing the ovum mobility
  - Inhibiting the production of prostaglandins
19. The following are the adopted six pillars of relation to the foundation of maternal and Newborn health in Kenya
- Skilled attendant, enabling environment to provide quality care
  - Supportive health system that involves effective system referrals
  - Management and procurement, training supervision and health information system
  - Focused ante-natal care, essential obstetric care and targeted postpartum and post abortion care.
20. The National Reproductive Health (RH) training plan covering the period 2000 – 2004 was formulated in the year
- 1997
  - 1998
  - 1999
  - 2000

**SECTION B: SHORT ANSWER QUESTIONS (40 MARKS). ANSWER ALL QUESTIONS.**

- Outline six (6) pillars of maternal and New Born Health in Reproductive Health **(6 marks)**
- State four (4) key reproductive health problems for the elderly persons **(4 marks)**
- State four (4) factors that may make;
  - Counselling a vital part of Reproductive Health **(4 marks)**
  - Using the Acronym GATHER Explain how counselling is done in Family Planning **(6 marks)**
- a. Define sexual minorities according to sexual reproductive Health guidelines **(1 mark)**
  - Outline six (6) barriers to access to sexual reproductive Health services by sexual minorities **(6 marks)**
- Outline four (4) categories of groups considered to be vulnerable and marginalized in sexual reproductive health rights **(4marks)**

6. State five (5) classifications of pap smear (5 marks)
7. State five (5) descriptions of Reproductive Health indicators for Global monitoring (5 marks)

**SECTION C: LONG ANSWER QUESTIONS (40 MARKS).QUESTION ONE IS COMPULSORY, THEN CHOOSE EITHER QUESTION 2 OR 3.**

1. Youth friendly services and existing facilities are of great concern as they meet individual needs of Adolescent/ young people.
- a) Define youth friendly services according to World Health Organization (2marks)
- b) Explain the rationale for focusing on the Youth Friendly services (2marks)
- c) (i) State two (2) approaches for delivery of youth friendly services (2marks)
- (ii) Explain four (4) characteristics of Youth Friendly services (8marks)
- (iii) Discuss the most common three (3) models of Youth Friendly services (6marks)
2. Sexually transmitted diseases and HIV remains universal health problem in reproductive Health
- a) Describe the link between STIs and HIV as one of the reasons that forced the world to give attention to neglected sexually transmitted infection. (4 marks)
- b) State six (6) safer sex practices according to Reproductive Health guideline (6 marks)
- c) Discuss obstacles to the provision of sexually transmitted infection control (10 marks)
3. Gender inequalities and discrimination harm girls and women's health directly and indirectly throughout their life cycle
- a) State five (5) gender inequalities that you see in your community (5 marks)
- b) Outline five (5) negative effects of violence on a woman's reproductive health (5 marks)
- c) Discuss actions that can help to improve reproductive health and women health rights (10 marks)

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