



# **MACHAKOS UNIVERSITY**

**University Examinations 2019/2020 Academic year**

**SCHOOL OF HEALTH SCIENCES**

**DEPARTMENT OF PUBLIC AND COMMUNITY HEALTH**

**FOURTH YEAR SPECIAL /SUPPLEMENTARY EXAMINATION FOR**

**BACHELOR OF SCIENCE IN POPULATION HEALTH.**

**PPH 415: CONTRACEPTIVE TECHNOLOGY AND FAMILY PLANNING**

**DATE: 19/01/2021**

**TIME: 2.00-4.00 PM**

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## **INSTRUCTIONS**

This paper consists of two sections A and B

### **SECTION A**

- This section has one question
- The question is compulsory
- The question is 30 marks

### **SECTION A: COMPULSORY**

#### **QUESTION ONE (30 MARKS)**

- Explain two national benefits of family planning (2 marks)
- Briefly describe the available emergency contraceptives methods in Kenya (3 marks)
- Explain the limitations for use of permanent methods of family planning (3 marks)
- Explain effects that would warrant immediate removal of an intrauterine contraceptive device. (3 marks)
- Briefly describe the non-contraceptive benefits of depo provera (4 marks)
- Apply the steps in family planning counseling on a client in your care (5 marks)
- Compare the eligibility criteria for implants and combined oral contraceptives (4 marks)
- Explain the clinical assessment required in a client who has selected the use of intrauterine contraceptive device. (4 marks)

- i) Briefly describe reasons for poor uptake of family planning among the youth and adolescents despite introduction of youth friendly services in the health system in Kenya. (2 marks)

**SECTION B:**

- This section has four (4) questions
- Answer any two (2) questions
- Each question is 20 marks

**QUESTION TWO (20 MARKS)**

- a) Despite the proven benefits and availability of family planning in Kenya, family planning unmet need among married couple is still high in Kenya. Discuss. (8 marks)
- b) Describe the menstrual cycle and how it is affected by the combined oral contraceptives. (12 marks)

**QUESTION THREE (20 MARKS)**

- a) Counselling forms a very important step in provision of family planning services. Discuss the balanced counselling strategy plus in view of integration of family planning with reproductive health services. (10 marks)
- b) There are contraceptive methods for use by the male partners. Discuss barriers to uptake of these methods by men in Kenya. (10 marks)

**QUESTION FOUR (20 MARKS)**

- a) You are deployed as a population health expert in community X where fertility rate is very high. The community's preference is natural family planning only. Describe the actions you will take to improve the outcome in use of these methods. (12 marks)
- b) Critically analyse method mix in family planning and circumstances that would warrant specific method mix. (8 marks)

**QUESTION FIVE (20 MARKS)**

- a) Client H has history of cancer of the breast and is worried about using family planning methods. Discuss the assessments required and the family planning methods she could safely use. (12 marks)
- b) Discuss the scope of family planning in Kenya. (8 marks)