



MACHAKOS UNIVERSITY

University Examinations for 2018/2019 Academic Year

SCHOOL OF HEALTH SCIENCES

DEPARTMENT OF PUBLIC AND COMMUNITY HEALTH

FOURTH YEAR SECOND SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE IN POPULATION HEALTH

PPH 415: CONTRACEPTIVE TECHNOLOGY AND FAMILY PLANNING

DATE: 30/4/2019

TIME: 8:30 – 10:30 AM

INSTRUCTIONS:

This paper consists of two sections A and B

SECTION A (COMPULSORY)

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

QUESTION ONE (30 MARKS)

- a) Briefly explain the medical benefits of family planning to women. (3 marks)
- b) State reasons for the observed misuse of emergency contraceptive methods among the youths in Kenya. (3 marks)
- c) Explain the limitations for use of implants in family planning (3 marks)
- d) Briefly describe the symptom- thermal method of family planning (3 marks)
- e) Explain the limitations of combined oral contraceptives (3 marks)
- f) Explain the steps in family planning counseling of a client in your care (3 marks)
- g) Compare and contrast the eligibility criteria for implants and combined oral contraceptives (3 marks)
- h) Briefly explain the instructions given to a client following insertion of an intrauterine contraceptive device. (3 marks)

- i) Highlight the non-contraceptive benefits of progestin only pill. (3 marks)
- j) Identify suitable family planning methods for a hypertensive client. (3 marks)

SECTION B:

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

QUESTION TWO (20 MARKS)

- a) Pregnancy rate and abortion among college girls in Kenya has been on the rise. Discuss. (8 marks)
- b) Lactational amenorrhea was a reliable method of family planning in the traditional African society contrary to the contemporary society. Discuss (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) Family planning is viewed in our society as the responsibility of the female partner. Discuss (10 marks)

QUESTION FOUR (20 MARKS)

- a) You are deployed as a population health expert in community X where the average number of children per household is 13. Describe the actions you will take to improve uptake of family planning in this community. (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 Y who is a heavy chain smoker has been on a family planning method that has failed. Discuss. (12 marks)
- b) Discuss factors that have contributed to poor uptake of permanent contraceptive methods in Kenya. (8 marks)