



# TECHNICAL UNIVERSITY OF MOMBASA

*Faculty of Applied & Health Sciences*

## DEPARTMENT OF ENVIRONMENT AND HEALTH SCIENCES

UNIVERSITY EXAMINATION OF DEGREE OF  
BACHELOR OF SCIENCE COMMUNITY HEALTH  
(BSCH 13 M)

### ACM : 4302 CONTRACEPTIVE TECHNOLOGY

**SEMESTER:** END OF SEMESTER EXAMINATIONS

**SERIES:** APRIL/MAY, 2014

**TIME:** 2 HOURS

#### INSTRUCTIONS TO CANDIDATES:

-You are required to answer a total of **THREE** questions.  
-Answer Question **ONE** is **COMPULSORY** and any other **TWO**  
This paper consists of **FOUR PRINTED** pages

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#### QUESTION 1 (COMPULSORY)

- a) Define the following terms:
- (i) Contraceptive method mix (1 mark)
  - (ii) Contraceptive perfect-use effectiveness. (1 mark)
  - (iii) Unmet family planning need (1 mark)
  - (iv) Contraceptive prevalence rate (1 mark)
  - (v) Contraception (1 mark)
- b) Briefly describe how to classify contraceptive methods according to the Malthusian and Neo-Malthusian theories of population growth. (5 marks)
- c) List **FIVE** approaches that you as a contraceptive provider would take to encourage male involvement in family planning services. (5 marks)

d) Briefly describe **FIVE** aims of counseling prior to initiating a contraceptive method.

(5

marks)

e) Mrs. XYZ is a 40 years old mother of two children. She regularly smokes more than 15 cigarettes a day and drinks alcohol socially. Her mother died recently from complications related to cancer of the breast. Her father is known to have long- standing high blood pressure. She has recently terminated a pregnancy because she does not want any more children. She is interested in using an effective contraceptive method.

(i) According to the framework given in the Kenya National Family Planning Guidelines for Service Providers (4<sup>th</sup> Edition, 2010) briefly describe **FIVE** rights she enjoys as a family planning client.

(5 marks)

(ii) Based on the history provided, briefly describe **THREE** topics that you as a family planning service provider may need to discuss with Mrs. XYZ during counseling sessions.

(3 marks)

(iii) Mrs. XYZ is interested in using combined oral contraceptive pills. ( COCs). Based on the information above and using guidelines from the WORLD Health Organization (WHO) medical eliability criteria (MEC), briefly explain how you would categorize her suitability for COC s.

(2 marks)

## QUESTION 2

a) List **FIVE** non-contraceptive benefits of using combined oral contraceptive pills (COC s)

(5

marks)

b) Mrs. XYZ is a 25-year old mother of a 3 month old baby girl. She is unemployed and her husband is the sole-breadwinner. She is currently exclusively breast feeding her daughter together with her husband, they have decided to have a total of three children but she prefers to delay getting her next child until she gets a job. She is interested in using an effective contraceptive method.

(i) Assuming that Mrs. XYZ has not resumed her menstrual periods, what natural method of contraception is she practicing.

(1 mark)

(ii) List **THREE** criteria that must be met for the natural contraceptive method described above to be effective

(3 marks)

(iii) Briefly explain **SIX** advantages of the natural contraceptive method described above.

(6 marks)

- c) Assuming that Mrs XYZ and her partner are also using male condoms, define the concept of 'dual protection' and give a brief explanation of how it is being achieved in this case.

(5 marks)

### QUESTION 3

- a) Briefly describe **TWO** approaches of fertility awareness-based family planning methods.

(5 marks)

- b) Briefly explain **FIVE** limitations of fertility awareness-based contraceptive methods.

(5 marks)

- c) Briefly describe the withdrawal method and list its main advantages as a contraceptive method.

(5 marks)

- d) List **FIVE** groups of individuals for whom care should be taken before providing permanent contraceptive methods.

(5 marks)

### QUESTION 4

Mrs. XYZ is a 40 year old mother of one child. She has recently terminated a pregnancy because "she is not ready for another child"

- a) Based on the information provided above and using guidelines from the World Health Organization (WHO) medical eligibility criteria (MEC) briefly explain how you would categorize her suitability for an intra-uterine contraceptive device (IUCD)

(5 marks)

- b) List **TEN** advantages of using an intra-uterine contraceptive device (IUCD)

(10 marks)

- c) List **FIVE** medical conditions where post –partum IUCD insertion is contraindicated.

(5 marks)

## QUESTION 5

Miss XYZ is a 25-year old student at the Technical University of Mombasa. She recently met one of her ex-boyfriends at a club in town, had a couple of drinks together and she ended up sleeping with him using a barrier method (male condom). She reports that the condom burst midway during the session.

- a) Briefly describe what emergency contraception (EC) entails and how ECS work to prevent pregnancy. **(5 marks)**
- b) This is the second time that Miss XYZ is using emergency contraception in 2 months. According to her current reproductive health needs, briefly describe **FIVE** topics that you would discuss with her during counseling. **(5 marks)**
- c) List **FIVE** benefits of emergency contraception . **(5 marks)**
- d) List the limitations of condoms as a contraceptive method. **(5 marks)**