



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 13M)

ACM 4302 CONTRACEPTIVE TECHNOLOGY

SPECIAL/SUPPLEMENTARY EXAMINATIONS

SERIES: JULY, 2014

TIME: 2 HOURS

INSTRUCTIONS TO CANDIDATES:

- You are required to answer a total of **THREE** questions
- Question **ONE** is compulsory.
- Choose **TWO** other questions from the remaining set of questions.

This paper consists of **FOUR**
PRINTED pages

QUESTION 1 (COMPULSORY) 30 MARKS

- a) According to the Kenya National Family Planning Guidelines for service providers (4th Edition, 2010), discuss the essentials of family planning service provision. **(10 mark)**
- b) According to the frame works for provision of quality health services outlined in the Kenya National Family Planning Guidelines for service providers. **(3 marks)**
- c) For successful implementation of family planning interventions the Kenya National Reproductive Health strategy (2009-2015) recommends targeting groups with special heads as well as 'hand to reach' and vulnerable populations. List **TWO** such groups. **(2 marks)**
- d) Define the following terms:

- (i) Uuret family planning need (1 mark)
- (ii) Return to fertility (1 mark)
- (iii) Contraception (1 mark)
- (iv) Contraceptive method switch (1 mark)
- (v) Abortion (1 mark)

e) Miss XYZ is a 20-year old student at the Technical University of Mombasa. She lives by herself in a students' hostel and depends on her parents for her upkeep. She has a steady boyfriend and several 'Part-time' boy friends. She has recently discovered that she is HIV positive. She is interested in using an effective contraceptive method.

- (i) Based on the history provided, briefly describe **FIVE** topics that you as a family planning service provider may need to discuss with Miss. XYZ during her counseling session. (5 marks)
- (ii) Miss. XYZ is interested in using a progestin-only injectable contraceptive (Depo-Drovera)- 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 Depo-Provera. (2 marks)
- (iii) List **THREE** limitations of using progestin-injectable contraceptive methods. (3 marks)

QUESTION 2

- a) What are the **THREE** broad objectives of the Kenya National Reproductive Health Strategy? (KNRHS 2009-2015) (3 marks)
- b) Briefly describe the **THREE** classes of cervical cancer screening methods. (6 marks)
- c) Mrs. XYZ is a 25 year old mother of a 3-month old baby girl. She has no other children. She is currently exclusively breastfeeding her daughter. She is interested in using an effective contraceptive method.
 - (i) Assuming that Mrs. XYZ has not yet resumed her menstrual periods, what natural contraceptive method is she practicing? (1 mark)
 - (ii) Briefly describe **FIVE** limitations of the natural contraceptive method described above. (5 marks)
 - (iii) Assuming that Mrs. XYZ chooses to have voluntary surgical contraception (tubal ligation). Based on the information provided and using guidelines from the World Health Organization (WHO) Medical Eligibility Criteria (MEC), explain how you would categorize her suitability for this contraceptive method. (5 marks)

QUESTION 3

Mrs XYZ is a 30-year old mother of one child. She recently noticed a lump on her left breast and she is waiting for the results of a laboratory test to know what it is. Her father is known to have high blood pressure. She is interested in using an effective contraceptive method.

- a) If Mrs XYZ is told that a particular contraceptive method is 99% effective is used correctly and consistently, what type of effectiveness is being described? **(9 marks)**
- b) Assuming that Mrs. XYZ and her partner are only using male condoms as their current contraceptive method, define the concept of ‘dual protection in her case. **(2 marks)**

Assuming that Mrs. XYZ chooses to use continued oral contraceptive pills (COCs), briefly explain how you would categorize her suitability for COCs using the information provided above and according to the guidelines from the World Health Organization (WHO) medical eligibility criteria. **(6 marks)**

How do hormonal contraceptives act to prevent pregnancy? **(2 marks)**

- e) Describe progestin-only pills (POPs) in terms of their mode of action, advantages and limitations. **(1 mark)**

QUESTION 4

- a) List the limitations of emergency contraceptives (ECs) **(2 marks)**
- b) Briefly describe the contraceptive and non-contraceptive benefits of using hormonal contraceptive implants. **(5 marks)**
- c) Mrs. XYZ is a 40-year old mother of two children. She regularly smoke 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) 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 using hormonal contraceptive implants. **(2 marks)**
 - (ii) Assuming that Mrs. XYZ wants to switch from a non-hormonal contraceptive method to the hormonal implant, briefly describe how you would time insertion of her implant. **(3 marks)**
 - (iii) Briefly describe **THREE** limitations and /or side effects of hormonal contraceptive implants **(3 marks)**
- d) Briefly explain **FIVE** advantages of lactation amenorrhea (LAM) as a contraceptive method **(5 marks)**

QUESTION 5

- a) What are the **TWO** main objectives of infection prevention (IP) during provision of contraceptive services. **(2 marks)**
- b) Briefly describe **FIVE** recommended infection prevention (IP) practices for contraceptive service providers. **(5 marks)**
- c) Mr. XYZ is a 45-years old father of three children. He reports that he does not want any additional children and wants a vasectomy. After counseling he demonstrates clear understanding of the permanency of this type of contraceptive method. He does not report any significant medical conditions.
- (i) 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 his suitability for a vasectomy. **(3 marks)**
- (ii) List **FIVE** limitation and risks associated with voluntary made sterilization (vasectomy) **(5 marks)**
- d) Describe the Billings ovulation method of contraception. **(5 marks)**