



(University of Choice)

**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)**

**UNIVERSITY EXAMINATIONS
2022/2023 ACADEMIC YEAR**

**FOURTH YEAR FIRST TRIMESTER EXAMINATIONS
MAIN EXAM**

**FOR THE DEGREE OF
BACHELOR SCIENCE IN NURSING ODEL SEPTEMBER 2020**

COURSE CODE: NCD 323

COURSE TITLE: GENDER AND HEALTH

DATE: 09/04/2024

TIME: 3:00 PM-6:00PM

INSTRUCTIONS TO CANDIDATES

Answer all question provided

This Paper Consists of 11 Printed Pages. Please Turn Over.

SECTION A: MULTIPLE CHOICE QUESTIONS (60 MARKS)

1. Which of the following statements best describes the concept of gender in healthcare?
 - A. Gender refers to biological differences between males and females.
 - B. Gender is a social and cultural construct that influences roles, behaviors, and expectations of males and females.
 - C. Gender has no impact on healthcare practices and outcomes.
 - D. Gender is solely determined by genetics.
2. Why is it important for healthcare professionals to be aware of gender-specific health issues?
 - A. It helps in stereotyping patients based on their gender.
 - B. It ensures equal treatment and access to healthcare services for all individuals.
 - C. Gender-specific health issues are rare and do not affect many patients.
 - D. Healthcare professionals do not need to consider gender-specific health issues in their practice.
3. Which of the following is a common gender-related health disparity observed in healthcare settings?
 - A. Males are more prone to osteoporosis than females.
 - B. Females are less likely to receive appropriate pain management in emergency rooms.
 - C. Males are less likely to develop breast cancer.
 - D. Females have a higher risk of heart attacks compared to males.
4. How can Midwifery practices be adapted to address gender-specific health needs?
 - A. By ignoring gender differences to ensure equal treatment for everyone.
 - B. By providing gender-sensitive care, understanding diverse needs, and respecting individual preferences.
 - C. By focusing only on biological differences between males and females.
 - D. By excluding gender-related discussions in healthcare settings.
5. Which of the following social factors can impact the health outcomes of transgender individuals?
 - A. Acceptance and support from family and society.
 - B. Access to gender-affirming healthcare services.
 - C. Employment and housing discrimination based on gender identity.
 - D. All of the above.
6. Which of the following is an example of a gender-specific health screening for females?
 - A. Prostate cancer screening
 - B. Pap smear for cervical cancer
 - C. Testicular cancer screening
 - D. None of the above

7. What is the term for the unjust treatment or discrimination towards individuals based on their gender identity?
 - A. Racism
 - B. Sexism
 - C. Ageism
 - D. Homophobia
8. Which of the following statements is true regarding the gender pay gap in healthcare professions?
 - A. There is no gender pay gap in healthcare professions.
 - B. The gender pay gap is only prevalent in non-medical healthcare professions.
 - C. Women in healthcare professions, on average, earn less than their male counterparts.
 - D. The gender pay gap only affects male healthcare professionals.
9. What is the term for a set of social, behavioral, and cultural expectations that define how individuals of a particular gender should behave?
 - A. Gender identity
 - B. Gender roles
 - C. Gender expression
 - D. Gender stereotype
10. Which of the following is an essential step in providing culturally competent and gender-sensitive care?
 - A. Ignoring cultural and gender differences to avoid stereotyping
 - B. Respecting the patient's preferences and understanding their cultural and gender background
 - C. Treating all patients the same way, regardless of their cultural or gender background
 - D. Avoiding discussions about cultural or gender differences to maintain professionalism
11. Which of the following is a factor contributing to health disparities based on gender?
 - A. Genetic differences between males and females
 - B. Socioeconomic factors, such as income and education
 - C. Gender-neutral healthcare policies
 - D. Political affiliation
12. What term is used to describe a person whose gender identity aligns with the sex they were assigned at birth?
 - A. Transgender
 - B. Cisgender
 - C. Non-binary
 - D. Genderqueer
13. Which of the following is a common health issue affecting transgender individual?
 - A. Increased risk of testicular cancer
 - B. Higher rates of mental health challenges, such as depression and anxiety
 - C. Reduced risk of heart disease
 - D. Decreased risk of substance abuse

14. What is the importance of recognizing and respecting diverse gender identities in healthcare settings?
 - A. It promotes an inclusive and supportive environment for all patients.
 - B. It complicates healthcare procedures and should be avoided.
 - C. It has no impact on the quality of healthcare provided.
 - D. It is only relevant for certain medical specialties.
15. Which of the following statements is true regarding transgender individuals and healthcare?
 - A. Transgender individuals always disclose their gender identity without hesitation.
 - B. Healthcare providers should use the patient's preferred name and pronouns to create a respectful and inclusive environment.
 - C. Transgender individuals are not affected by healthcare disparities.
 - D. It is acceptable to use outdated or offensive terminology when referring to transgender patients.
16. What is the term for the process through which individuals learn and internalize the values, beliefs, and norms of their culture related to gender?
 - A. Gender affirmation
 - B. Gender socialization
 - C. Gender discrimination
 - D. Gender isolation
17. Which of the following is a healthcare disparity that affects women, particularly those from minority communities?
 - A. Higher rates of prostate cancer
 - B. Lower access to prenatal care and maternal health services
 - C. Lower risk of breast cancer
 - D. Equal representation in leadership roles in healthcare organizations
18. What is the term for the emotional distress that may occur when an individual's gender identity doesn't align with the sex they were assigned at birth?
 - A. Gender dysphoria
 - B. Gender neutrality
 - C. Gender bias
 - D. Gender stigma
19. Which of the following is a key component of providing culturally competent care for transgender patients?
 - A. Using derogatory language to address their gender identity
 - B. Avoiding discussing gender identity to prevent discomfort
 - C. Recognizing and addressing implicit biases
 - D. Providing generic information not tailored to their specific needs
20. What is the primary goal of gender mainstreaming?
 - A. To promote gender equality and women's empowerment
 - B. To exclude men from decision-making processes
 - C. To create gender-specific policies only
 - D. To reinforce traditional gender roles

21. . Common gender stereotypes associated with men are?
- A. Dependency, men are leaders, men are supporters
 - B. Men are leaders, independency, competitiveness
 - C. Being supportive, being passive, men are leaders
 - D. Men are emotional, men are brave, competitiveness
22. All the following are reproductive health rights EXCEPT right to?
- A. Express one's sexual orientation without discrimination
 - B. Attain the highest standard of sexual and reproductive health
 - C. Free reproductive health services
 - D. Voluntary sexual relationships
23. Stages under taken during the gender analysis program include:
- A. Identification, Planning, Implementation, monitoring and evaluation
 - B. Identification, Design of the activity, addressing, evaluation
 - C. Identification ,exploring ,intervention, monitoring and evaluation
 - D. Identification, Planning, integration, monitoring and evaluation.
24. Reproductive health include:
- A. Access to acceptable, effective and safe contraception
 - B. Protection from sexually transmitted infections
 - C. Health services for safer pregnancies and deliveries
 - D. All of the above
25. The underlying root causes of gender-based violence is:
- A. Gender inequality and social norms that are accepting of violence
 - B. Previous experiences of violence
 - C. Mental health disorders
 - D. All of the above
26. The following statements is/are true about gender-based violence:
- A. It is a global problem that affects all regions of the world
 - B. Both women / girls as well as men / boys are affected
 - C. Its impact is often minimal and short-lived.
 - D. A and B are correct
27. The Government of Kenya is focusing on the reproductive health needs of adolescents and youth so as to:
- A. To reduce the death, disease and also disability in adolescents and youth
 - B. To reduce the burden of disease in later life
 - C. To invest in health today and tomorrow
 - D. All of the above

28. Partial or total removal of the clitoris and the labia minora, with or without excision of the labia majora is referred to as?
- A. Infibulation
 - B. Clitoridectomy
 - C. Excision
 - D. Severe FGM.
29. Late adolescence refers to age ranges between?
- A. 19-24 years
 - B. 16-19 years
 - C. 20-24 years
 - D. 13-17 years
30. The following are the Strategies and Approaches to Enhance Male Participation in Reproductive Health except
- A. Role models in male participation at family level, community level, Individual level and use them as change agent
 - B. Male friendly reproductive health services; privacy from reception to service provision site.
 - C. National planning for resources in all programmes to be shared inequitably by men and women.
 - D. Create enabling environment, policies and appropriate legislation for example paternity leave and allowance.
31. The ultimate goal of gender mainstreaming is to achieve
- A. Gender equality among women
 - B. Monitoring and evaluation of programmes of gender
 - C. Gender equality among the adolescents and the youth
 - D. Gender equality between men and women
32. Which one of the following is not a reproductive role?
- A. Nurturing children
 - B. Cooking for the family
 - C. Fishing
 - D. Caring for the elderly
33. Practical gender needs include?
- A. Decision making power, nutrition, health care
 - B. Women representation, health care, education
 - C. Equality, employment, health care
 - D. Health care, food, employment

34. Which of the following are suitable methods of improving the health of young people in Kenya through Government and community intervention
- A. Encourage youth to advocate against harmful cultural practices harmful such as abstinence
 - B. Educate youths on their rights and encourage them to abuse them
 - C. Publish the names of the known HIV positive adolescence to raise awareness on HIV/AIDs
 - D. Reinforce good values within the communities Girl/Boy child education and abstinence
35. As an agent of change in the community, the following are the roles of the health worker in improving reproductive health and rights except
- A. Are understanding and sympathetic and provide emotional support
 - B. Provide appropriate medical care and document in the patient's medical records the type of abuse and details of perpetrator.
 - C. Maintain privacy and confidentiality of patient information and records
 - D. In case of rape, provide counselling and emergency contraceptives to prevent unwanted pregnancies
36. Gender Based Violence results in serious and potentially life threatening health consequences. Which of the following is a social consequence?
- A. Suicide
 - B. Unintended pregnancies
 - C. Added health care costs
 - D. Vulnerability to diseases
37. Women, children and men are subjected to many form of abuse, which among the following statements is a form of emotional abuse.
- A. Verbally abused made to feel dirty and unworthy
 - B. Being kicked punched and spat on
 - C. Continually threatened with violence, kept in a state of fear and confusion
 - D. Being fondled, groped or touched
38. All of the following are barriers to male involvement in reproductive health issues except
- A. Fear of being viewed as not man enough by peer if caught doing housework or childcare.
 - B. Separation laws are favourable to male or joint custody of children.
 - C. Family planning services are geared towards women's needs and are not welcoming to men for example, (MCH/FP).
 - D. Cultural assumption that anything domestic and nurturing is women's work

39. According to the world health organization (WHO) causes of maternal mortality, which of the following reflects the true picture
- A. Eclampsia 13 %
 - B. Obstructed labor 13 %
 - C. Infection 8%
 - D. Unsafe abortion 13%
40. Which of the following options does not consist of the target groups for Reproductive Health Services
- A. Women of childbearing age (15 – 49 years old)
 - B. Adolescents (both male and female)
 - C. Under five years old children
 - D. Women and Men of childbearing age (15 – 49 years old)
41. Effects of mainstreaming gender in the society include:
- A. Equal distribution of labor
 - B. Raised economic status of females
 - C. Less conflict of interest among both genders
 - D. Marginalization of women.
42. Which of the following statements is true:
- A. Maternal mortality ratio is the number of maternal deaths per 1,000 live births
 - B. Maternal mortality rate is the number of maternal deaths per 1,000 women of reproductive age in a given time period..
 - C. The lifetime risk of maternal death is the probability of becoming pregnant and the probability of dying as a result of that pregnancy
 - D. Crude death rate is the number of deaths in a specified age group x 100000
43. The Pillars of safe motherhood include:
- A. Essential obstetrics care, partnership, neonatal care
 - B. Neonatal care, family planning, prevention of mother to child transmission
 - C. Focused antenatal care, effective systems of referral, male involvement.
 - D. Post abortion care, reproductive rights and clean delivery
44. In gender mainstreaming, gender roles can limit life options through all of the following except:
- A. Education
 - B. Religion
 - C. Politica
 - D. Social
45. The following statement reflects the classification of female genital mutilation
- A. Type I: Excision of the prepuce only
 - B. Type 11: Excision of the prepuce and clitoris together
 - C. Type 111: Excision of part or all of the external genitalia and stitching and narrowing of the vaginal opening
 - D. Type IV: Unclassified

46. The WHO definition of a youth is, a person aged between?
- A. 10- 19 years
 - B. 10-20 years
 - C. 13-19 years
 - D. 10-24 years
47. The following are preventive interventions against FGM;
- A. Community involvement, resource mobilization, political good will
 - B. Political involvement, community involvement, creating awareness
 - C. Creating awareness , resource mobilization, community involvement
 - D. Mobilizing resources, use of media, political good will
48. The following are features of a youth friendly centre;
- A. Systems put in place to train staff, availability of drugs
 - B. Availability of policies, community involvement
 - C. Availability of drugs, short waiting time
 - D. Conducive environment, availability of systems for staff training
49. Maternal health services that make motherhood safe include:
- A. Care by skilled health personnel before, during and after childbirth
 - B. Emergency care for life-threatening obstetric complications
 - C. Prevention of unsafe abortion and management of problems
 - D. All of the above
50. Regarding sexual and reproductive health rights which statement is false?
- A. Right to the highest attainable standard of health.
 - B. Right to liberty, freedom and security of person.
 - C. Right to decide freely and responsibly the number and spacing of one's children
 - D. Right of women to have control over and decide freely and responsibly on matters related to their sexuality.
51. Barriers to family planning include;
- A. Donor dependent programs
 - B. Political influence
 - C. Male involvement
 - D. Maternal age
52. Which of the following are components of reproductive health
- A. Family planning, child survival, birth plan
 - B. Management of STI, reproductive rights, infertility
 - C. Gender issues, rape, post abortal car
 - D. Gender based violence, youth health, and health education
53. Major barriers to reporting rape cases to the police includes:
- A. Fear of not being believed.
 - B. Fear of retaliation by the perpetrator
 - C. Difficulties with physical access to the police station or health facility
 - D. All of the above

54. What is the role of men in gender mainstreaming initiatives?
- A. Men have no role in gender mainstreaming
 - B. Men should actively participate in promoting gender equality and challenging harmful gender norms
 - C. Men should only focus on issues related to their own gender
 - D. Men should only support gender mainstreaming initiatives financially
55. Which of the following is a challenge faced in the implementation of gender mainstreaming?
- A. Increased gender equality
 - B. Resistance to change and gender biases
 - C. Limited benefits for both men and women
 - D. Gender mainstreaming has no challenges
56. What is the purpose of conducting a gender analysis in the context of gender mainstreaming?
- A. To reinforce gender stereotypes
 - B. To identify and understand the different roles, responsibilities, and needs of women and men
 - C. To exclude women from decision-making processes
 - D. To ignore gender differences in policies and programs
57. What is the significance of gender-responsive budgeting in the context of gender mainstreaming?
- A. It ensures that only women benefit from budget allocations
 - B. It allocates resources in a way that addresses gender inequalities and promotes gender equality
 - C. It focuses solely on men's needs and priorities
 - D. It excludes gender considerations from budget planning
58. Which of the following diseases affects the reproductive organs in women and can cause chronic pelvic pain and infertility?
- A. Endometriosis
 - B. Ovarian Cancer
 - C. Testicular Cancer
 - D. Benign Prostatic Hyperplasia
59. Which of the following diseases affects both men and women but is more commonly diagnosed in men?
- A. Diabetes
 - B. Thyroid Disorders
 - C. Cardiovascular Disease
 - D. Rheumatoid Arthritis
60. Which of the following is not a social cultural reason for carrying out female genital mutilation?
- A. Promote Fertility
 - B. Initiation from childhood to womanhood
 - C. Promote acceptance in marriage
 - D. Control female sexual desire

SHORT ANSWER QUESTIONS (SAQS)

20 MARKS

1. State Four (4) Universal Rites of Passage that Unite the “Human Family” (4 marks)
2. Women get sicker, but men die quicker”: Explain the gender differences in health (8 marks)
3. Describe four (4) risk factors influencing Female Genital Mutilation practices in Africa (8 marks)

SECTION C: LONG ANSWER QUESTION (LAQ) 20 MARKS

1. Discuss the forms of gender discrimination in the society (20 marks)

