



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

**UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR**

**THIRD YEAR SECOND TRIMESTER EXAMINATIONS
MAIN EXAM**

**FOR THE DEGREE OF
BACHELOR SCIENCE IN NURSING DIRECT ENTRY**

COURSE CODE: NCN 326

COURSE TITLE: GYNAECOLOGY NURSING

DATE: 09/04/2024

TIME: 3:00PM-6:00PM

INSTRUCTIONS TO CANDIDATES

Answer all question provided

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

GYNAECOLOGY NURSING

PART ONE: MULTIPLE CHOICE QUESTIONS 60 MARKS

1. The hormone primarily responsible for stimulating the development of the uterine lining during the menstrual cycle?
 - A. Estrogen
 - B. Progesterone
 - C. Follicle-stimulating hormone (FSH)
 - D. Luteinizing hormone (LH)
2. The corpus luteum, formed after ovulation, primarily secretes which hormone?
 - A. Estrogen
 - B. Progesterone
 - C. Follicle-stimulating hormone (FSH)
 - D. Luteinizing hormone (LH)
3. The shedding of the uterine lining during menstruation is primarily triggered by:
 - A. Decrease in estrogen levels
 - B. Increase in progesterone levels
 - C. Surge in LH levels
 - D. Drop in FSH levels
4. What is the function of the corpus luteum during the menstrual cycle?
 - A. To release an egg during ovulation
 - B. To stimulate the thickening of the uterine lining
 - C. To produce progesterone to maintain the uterine lining
 - D. To secrete estrogen to prepare for ovulation
5. Which treatment option is typically recommended for symptomatic uterine fibroids in women who desire future fertility?
 - A. Hysterectomy
 - B. Myomectomy
 - C. Endometrial ablation
 - D. Uterine artery embolization
6. The surgical procedure aimed at removing the entire uterus, often used as a definitive treatment for uterine fibroids?
 - A. Myomectomy
 - B. Hysterectomy
 - C. Endometrial ablation
 - D. Uterine artery embolization
7. The medication commonly prescribed to manage symptoms such as heavy menstrual bleeding associated with uterine fibroids?
 - A. Antibiotics
 - B. Microgynon
 - C. Follicle stimulating hormone release agonist
 - D. Gonadotropin-releasing hormone (GnRH) agonists

8. The type of uterine fibroid that bulges into the cavity of the uterus?
 - A. Intramural fibroid
 - B. Subserosal fibroid
 - C. Pedunculated fibroid
 - D. Submucosal fibroid
9. The stage of pregnancy where a medical abortion typically can be performed?
 - A. Up to 6 weeks gestation
 - B. Up to 12 weeks gestation
 - C. Up to 20 weeks gestation
 - D. Up to 28 weeks gestation
10. The hormone that is targeted by medications such as mifepristone and misoprostol in a medical abortion?
 - A. Estrogen
 - B. Progesterone
 - C. Testosterone
 - D. Prolactin
11. The surgical abortion method involves the dilation of the cervix and the removal of the fetus using suction or suction with manual tools
 - A. Vacuum aspiration
 - B. Dilation and curettage (D&C)
 - C. Dilation and evacuation (D&E)
 - D. Hysterectomy
12. What is the term for an abortion performed for reasons other than the preservation of the mother's health or in cases of fetal abnormalities?
 - A. Therapeutic abortion
 - B. Elective abortion
 - C. Spontaneous abortion
 - D. Induced abortion
13. In which trimester of pregnancy is the risk of complications from abortion generally considered to be lowest?
 - A. First trimester
 - B. Second trimester
 - C. Third trimester
 - D. Risk is equal across all trimesters
14. Which of the following factors is NOT typically considered in determining the legality of abortion in many countries?
 - A. Gestational age of the fetus
 - B. Reasons for seeking abortion
 - C. Marital status of the woman
 - D. Socioeconomic status of the woman

15. The barrier method of contraception which is inserted into the vagina to cover the cervix and prevent sperm from entering the uterus?
 - A. Diaphragm
 - B. Condom
 - C. Cervical cap
 - D. Female condom
16. Which of the following methods of contraception involves surgically cutting or blocking the vas deferens to prevent sperm from being ejaculated?
 - A. Tubal ligation
 - B. Vasectomy
 - C. Hysterectomy
 - D. Essure ectomy
17. The natural family planning method that involves tracking a woman's basal body temperature to determine fertility
 - A. Calendar method
 - B. Symptothermal method
 - C. Standard days method
 - D. Billings ovulation method
18. Which family planning method involves abstaining from sexual intercourse during the fertile window of a woman's menstrual cycle?
 - A. Hormonal contraception
 - B. Barrier methods
 - C. Natural family planning
 - D. Surgical sterilization
19. Which contraceptive method involves inserting a small, flexible ring into the vagina that releases hormones to prevent pregnancy?
 - A. Contraceptive patch
 - B. Female condom
 - C. NuvaRing
 - D. Cervical cap
20. Which sterilization procedure involves sealing or blocking the fallopian tubes using a hysteroscope inserted through the vagina and cervix?
 - A. Tubal ligation
 - B. Essure
 - C. Vasectomy
 - D. Hysterectomy
21. Which of the following interventions can prevent obstetric fistula?
 - A. Delayed marriage
 - B. Female genital mutilation
 - C. Access to skilled obstetric care
 - D. Limited access to healthcare facilities

48. Which of the following is the primary cause of cervical cancer?
- A. Human Papillomavirus (HPV)
 - B. Hereditary factors
 - C. Smoking
 - D. Obesity
49. What is the most common type of cervical cancer?
- A. Adenocarcinoma
 - B. Squamous cell carcinoma
 - C. Small cell carcinoma
 - D. Neuroendocrine carcinoma
50. The most common type of breast cancer?
- A. Invasive ductal carcinoma
 - B. Lobular carcinoma
 - C. Ductal carcinoma in situ (DCIS)
 - D. Inflammatory breast cancer
51. Which imaging technique is commonly used for breast cancer screening in asymptomatic women?
- A. Magnetic Resonance Imaging (MRI)
 - B. Ultrasound
 - C. Mammography
 - D. Positron Emission Tomography (PET) scan
52. What is the purpose of breast self-examination (BSE)?
- A. To diagnose breast cancer
 - B. To replace mammography for screening
 - C. To detect changes in the breasts that may indicate breast cancer
 - D. To relieve symptoms associated with breast cancer
53. Which of the following is NOT a common symptom of postmenstrual syndrome?
- A. Mood swings
 - B. Fatigue
 - C. Joint pain
 - D. Headaches
54. The primary hormonal factor believed to contribute to postmenstrual syndrome?
- A. Estrogen
 - B. Progesterone
 - C. Testosterone
 - D. Follicle-stimulating hormone (FSH)
55. Women with postmenstrual syndrome may experience severe depressive symptoms. What is this condition often referred to as?
- A. Bipolar disorder
 - B. Major depressive disorder (MDD)
 - C. Seasonal affective disorder (SAD)
 - D. Premenstrual dysphoric disorder (PMDD)

56. How is postmenstrual syndrome distinguished from premenstrual syndrome (PMS)?
- A. Postmenstrual syndrome occurs after menopause, while PMS occurs during the reproductive years.
 - B. Postmenstrual syndrome involves more severe symptoms than PMS.
 - C. Postmenstrual syndrome is characterized by physical symptoms only, while PMS includes emotional symptoms.
 - D. There is no distinction between postmenstrual syndrome and PMS; they are different terms for the same condition.
57. What is the first-line pharmacological treatment option for severe postmenstrual syndrome symptoms?
- A. Selective serotonin reuptake inhibitors (SSRIs)
 - B. Nonsteroidal anti-inflammatory drugs (NSAIDs)
 - C. Hormonal contraceptives
 - D. Benzodiazepines
58. What is a vesicovaginal fistula?
- A. A hole connecting the bladder to the vagina
 - B. A hole connecting the vagina to the uterus
 - C. hole connecting the rectum to the vagina
 - D. Any hole on the anterior wall of the vagina
59. On bimanual examination the uterus is anteverted. It is dangerous to perform MVA on this patient because:
- A. Post-abortion syndrome
 - B. Uterine perforation
 - C. Incomplete evacuation
 - D. Tear of the cervix
60. Indications for in vitro fertilization include which of the following
- A. Poor coital technique
 - B. Absent cervical mucus
 - C. Endometritis
 - D. Tubal disease

SECTION: II SHORT ANSWER QUESTIONS SAQS (20 MARKS)

- 1) Draw a well labeled diagram of a uterus showing sites of Myoma invasion (6 marks)
- 2) List eight (8) investigations done to a patient with Gynecological disorder (4marks)
- 3) Explain four (4)risk factors to development of obstetric fistulae (4marks)
- 4) Describe the mode of action of combined oral contraceptives pills (6marks)

SECTION: III LONG ANSWER QUESTIONS (20MARKS)

- 1) Mrs Nduati gynecological patient presents to clinic with foul smell discharge, on investigations pap smear results were positive
 - a) Explain the risk factors to development of cervical cancer (6marks)
 - b) Describe the management Mrs Nduati from admission till discharge (14marks)

22. What role does poverty play in the prevalence of obstetric fistula?
- A. Poverty has no correlation with obstetric fistula
 - B. Poverty increases the risk due to limited access to healthcare
 - C. Poverty decreases the risk due to lifestyle factors
 - D. Poverty only affects fistula severity, not prevalence
23. Which organization is actively involved in addressing obstetric fistula globally?
- A. World Health Organization (WHO)
 - B. International Monetary Fund (IMF)
 - C. International Red Cross
 - D. United Nations Educational, Scientific and Cultural Organization (UNESCO)
24. What is the emotional impact of obstetric fistula on affected women?
- A. Increased self-esteem
 - B. Increased feelings of shame and isolation
 - C. Emotional trauma and depression
 - D. Enhanced social status
25. What is the most common cause of female infertility?
- A. Ovulatory disorders
 - B. Tubal factors
 - C. Endometriosis
 - D. Uterine abnormalities
26. Which fertility treatment involves fertilizing an egg with sperm outside the body and then transferring the embryo into the uterus?
- A. Intrauterine insemination (IUI)
 - B. In vitro fertilization (IVF)
 - C. Gamete intrafallopian transfer (GIFT)
 - D. Zygote intrafallopian transfer (ZIFT)
27. Polycystic Ovary Syndrome (PCOS) is a common cause of infertility in women. Which of the following is a symptom of PCOS?
- A. Irregular menstrual cycles
 - B. Decreased levels of insulin
 - C. Low testosterone levels
 - D. Excessive body hair growth
28. What percentage of infertility cases are estimated to be due to both male and female factors combined?
- A. 10-20%
 - B. 30-40%
 - C. 50-60%
 - D. 70-80%

29. Which sexually transmitted infection (STI) is a leading cause of infertility if left untreated?
- A. Gonorrhea
 - B. Syphilis
 - C. Chlamydia
 - D. Genital herpes
30. What is the term for a condition in which the endometrial tissue grows outside the uterus, often causing infertility?
- A. Polycystic Ovary Syndrome (PCOS)
 - B. Endometriosis
 - C. Fibroids
 - D. Ovarian cysts
31. How soon after ectopic pregnancy can a woman try to conceive again?
- A. Immediately
 - B. After one menstrual cycle
 - C. After three menstrual cycles
 - D. After six months
32. During which phase of the sexual response cycle do the testes begin to swell and the scrotum tightens?
- A. Excitement
 - B. Plateau
 - C. Orgasm
 - D. Resolution
33. What happens to the body during the resolution phase of the sexual response cycle?
- A. Heart rate and blood pressure increase.
 - B. Muscles relax and blood pressure decreases.
 - C. Breathing becomes shallow and rapid.
 - D. Blood flow to the genitals increases.
34. Which neurotransmitter plays a crucial role in the sexual response cycle by facilitating arousal and pleasure?
- A. Serotonin
 - B. Dopamine
 - C. GABA
 - D. Acetylcholine
35. Which of the following is a psychological component of the sexual response cycle?
- A. Vasocongestion
 - B. Myotonia
 - C. Cognitive appraisal
 - D. Vasopressin release

36. Which phase of the sexual response cycle involves the rhythmic contractions of the muscles surrounding the genital organs?
- A. Excitement
 - B. Plateau
 - C. Orgasm
 - D. Resolution
37. What is the primary purpose of counseling in family planning?
- A. To promote abstinence
 - B. To provide contraception without discussion
 - C. To assist individuals in making informed decisions
 - D. To impose societal norms on family size
38. What should a counselor prioritize when discussing contraceptive options with a client?
- A. Recommending the cheapest option
 - B. Prioritizing the method they personally prefer
 - C. Ensuring the method aligns with the client's needs and preferences
 - D. Persuading the client to choose a permanent method
39. Which of the following is a potential consequence of inadequate counseling in family planning?
- A. Increased contraceptive compliance
 - B. Higher rates of unintended pregnancies
 - C. Decreased client satisfaction
 - D. Improved reproductive health outcomes
40. How can a counselor address concerns about contraceptive side effects?
- A. By dismissing the concerns as minor
 - B. By providing accurate information and discussing strategies for managing side effects
 - C. By asking the client what she has forgotten from previous session
 - D. By insisting that side effects are inevitable and unavoidable
41. Which of the following is an example of a non-directive counseling approach in family planning?
- A. Telling the client which method they should use
 - B. Exploring the pros and cons of different methods without imposing personal bias
 - C. Refusing to provide any information about contraceptive options
 - D. Pressuring the client to choose a particular method against their will

42. Which of the following is an essential component of informed consent in family planning?
- A. Withholding information about potential risks and side effects
 - B. advising the client into choosing a specific method
 - C. Ensuring the client understands the benefits and risks of each method
 - D. Making decisions on behalf of the client without their input
43. How should a counselor approach discussions about culturally sensitive topics related to family planning?
- A. By imposing their own cultural beliefs onto the client
 - B. By dismissing the client's cultural beliefs as irrelevant
 - C. By respecting and incorporating the client's cultural values and beliefs into the conversation
 - D. By avoiding any discussion of cultural factors
44. What is the primary mechanism of action of intrauterine contraceptive devices (IUDs)?
- A. Hormonal suppression of ovulation
 - B. Thickening cervical mucus
 - C. Inhibition of sperm motility
 - D. Physical interference with fertilization and implantation
45. Which of the following statements about hormonal IUDs is true?
- A. They contain estrogen and progestin.
 - B. They primarily work by inhibiting sperm motility.
 - C. They can be used for emergency contraception.
 - D. They release progestin locally into the uterus.
46. Which of the following conditions is a contraindication for IUD insertion?
- A. History of ectopic pregnancy
 - B. Nulliparity
 - C. Heavy menstrual bleeding
 - D. Breastfeeding
47. What should a healthcare provider do if a patient experiences persistent pelvic pain after IUD insertion?
- A. Advise the patient to take over-the-counter pain relievers
 - B. Refer the patient for further evaluation to rule out complications such as perforation or infection
 - C. Remove the IUD immediately
 - D. Ignore the symptoms as they are likely temporary