



(University of Choice)

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

**UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR**

**SECOND YEAR SECOND TRIMESTER EXAMINATIONS
MAIN EXAM**

**FOR THE DEGREE OF
BACHELOR SCIENCE IN NURSING ODEL CLASS**

COURSE CODE: NRM123 NRM 122.

COURSE TITLE: SEXUAL AND REPRODUCTIVE HEALTH

DATE: 09/04/2024

TIME: 3:00PM-6:00PM

INSTRUCTIONS TO CANDIDATES

Answer all question provided

This Paper Consists of 6 Printed Pages. Please Turn Over.

7. Which of the following is NOT a characteristic of a rights-based approach to reproductive health policies?
 - A. Empowerment of individuals to make informed decisions about their reproductive health
 - B. Respect for individuals' autonomy and choices
 - C. Imposition of mandatory sterilization programs
 - D. Elimination of discrimination in accessing reproductive health services
8. What is the primary purpose of family planning programs within reproductive health policies?
 - A. To encourage population growth
 - B. To limit contraceptive options for individuals
 - C. To provide individuals with the means to decide the number and spacing of their children
 - D. To promote unsafe abortion practices
9. Which factor is NOT typically considered in the design of effective reproductive health policies?
 - A. Socioeconomic status
 - B. Cultural norms and values
 - C. Political ideologies
 - D. Availability of healthcare infrastructure
10. Which of the following is a potential consequence of restrictive reproductive health policies?
 - A. Decreased maternal mortality rate
 - B. Increased rates of unsafe abortion
 - C. Improved access to prenatal care
 - D. Enhanced gender equality
11. What role do advocacy groups and civil society organizations play in shaping reproductive health policies?
 - A. They have no influence on policy development.
 - B. They advocate for policies that restrict access to reproductive healthcare.
 - C. They raise awareness, advocate for rights-based approaches, and push for policy reforms
 - D. They solely focus on implementing policies without advocating for changes.
12. Which approach to sex education is most commonly associated with evidence-based reproductive health policies?
 - A. Abstinence-only education
 - B. Comprehensive sexuality education
 - C. Gender-segregated education
 - D. Limited education on reproductive health

20. What is the recommended position for breastfeeding to promote optimal milk flow?
 - A. Lying on the back
 - B. Sitting upright with support
 - C. Lying on the stomach
 - D. Standing
21. The most primary cause of postpartum hemorrhage?
 - A. Uterine atony
 - B. Placenta previa
 - C. Gestational diabetes
 - D. Umbilical cord prolapse
22. Which of the following is a common method for preventing mother-to-child transmission of HIV during childbirth?
 - A. Exclusive breastfeeding
 - B. Cesarean section delivery
 - C. Delayed cord clamping
 - D. Early umbilical cord cutting
23. Which of the following is a recommended action to prevent sudden infant death syndrome (SIDS)?
 - A. Co-sleeping with parents
 - B. Placing the infant on their back to sleep
 - C. Using soft bedding in the crib
 - D. Keeping the room temperature warm
24. Which of the following is a common consequence of unprotected sexual activity among youth?
 - A. Increased self-esteem
 - B. Reduced risk of sexually transmitted infections (STIs)
 - C. Unplanned pregnancy
 - D. Improved academic performance
25. What is the most effective method for preventing sexually transmitted infections (STIs) and unintended pregnancies?
 - A. Abstinence
 - B. Withdrawal method
 - C. Using condoms consistently and correctly
 - D. Tracking fertility cycles
26. Which of the following factors can contribute to sexual coercion or pressure in a relationship?
 - A. Open communication
 - B. Mutual respect
 - C. Power imbalances
 - D. Shared decision-making

34. What is the term for the ability to understand, appreciate, and respect one's own sexuality and the sexuality of others?
- A. Sexual empowerment
 - B. Sexual orientation
 - C. Sexual health literacy
 - D. Sexual objectification
35. What percentage of LGBTQ+ youth report experiencing discrimination or bullying based on their sexual orientation or gender identity?
- A. Less than 10%
 - B. Around 25%
 - C. Approximately 50%
 - D. Over 75%
36. What is the most common barrier to accessing sexual health services for youth?
- A. Lack of information about available services
 - B. Fear of judgment or stigma
 - C. Cost of services
 - D. Distance to healthcare facilities
37. Which of the following is an example of a healthy relationship characteristic?
- A. Controlling behavior
 - B. Lack of communication
 - C. Mutual respect
 - D. Power imbalance
38. What are youth-friendly health services?
- A. Services designed specifically for elderly individuals
 - B. Services tailored to the unique needs of young people
 - C. Services only accessible to adults
 - D. Services exclusively for children
39. Which of the following is a key feature of youth-friendly health services?
- A. Strict adherence to traditional medical practices
 - B. Confidentiality and privacy
 - C. Exclusion of adolescents from decision-making processes
 - D. Limited accessibility to information
40. Why are youth-friendly health services important?
- A. They discriminate against young people
 - B. They address the specific needs and concerns of adolescents
 - C. They prioritize older adults over young individuals
 - D. They limit access to healthcare for teenagers
41. Which of the following is NOT a characteristic of youth-friendly health facilities?
- A. Non-judgmental attitudes of healthcare providers
 - B. Confidentiality and privacy
 - C. Limited availability of information
 - D. Accessibility and affordability of services

50. What role does confidentiality play in youth-friendly health services?
- A. It is not a priority in adolescent healthcare
 - B. It fosters trust and encourages adolescents to seek care without fear of judgment
 - C. It is selectively applied based on age
 - D. It is only applicable to certain medical conditions
51. How do youth-friendly health services empower adolescents?
- A. By restricting their access to information and services
 - B. By excluding them from decision-making processes regarding their healthcare
 - C. By providing them with accurate information and involving them in their healthcare decisions
 - D. By imposing strict rules and regulations during medical visits
52. What is the significance of culturally competent care in youth-friendly health services?
- A. It limits access to healthcare for adolescents from diverse backgrounds
 - B. It ensures healthcare providers understand and respect the cultural backgrounds of adolescent patients
 - C. It discourages adolescents from seeking medical help
 - D. It prioritizes one cultural group over others
53. What term refers to the psychological theory proposing that individuals are born with a fixed sexual orientation?
- A. Social constructionism
 - B. Sexual fluidity
 - C. Biological determinism
 - D. Gender schema theory
54. According to psychoanalytic theory, what is the role of the Oedipus complex in shaping sexual orientation?
- A. It determines a person's sexual orientation during adolescence.
 - B. It influences the development of gender identity.
 - C. It has no significant impact on sexual orientation.
 - D. It causes sexual confusion in adulthood.
55. Which psychological theory suggests that individuals construct their sexual identities through social interactions and cultural norms?
- A. Evolutionary psychology
 - B. Psychodynamic theory
 - C. Social constructionism
 - D. Attachment theory

SECTION B: SHORT ANSWER QUESTIONS

(20 MARKS)

1. Explain five (5) importance of reproductive health policies **(5 marks)**
2. Describe six (6) youth friendly services available in health facilities in Kenya **(6 marks)**
3. Explain five (5) principles of reproductive health **(5 marks)**
4. State four (4) sexual issues affecting youth **(4 marks)**

SECTION C: LONG ANSWER QUESTIONS (LAQS)

(20 MARKS)

1. Discuss the pillars of maternal & Newborn Health **(20 marks)**