



**KISII UNIVERSITY**  
**UNIVERSITY EXAMINATIONS**

**FIRST YEAR EXAMINATION FOR THE AWARD OF THE**  
**DIPLOMA IN COMMUNITY HEALTH DEVELOPMENT**  
**THIRD SEMESTER 2022/2023**  
**[MAY-AUGUST, 2023]**

**COMH 0134: FAMILY PLANNING**

**STREAM: Y1S3**

**TIME: 2 HOURS**

**DAY: WEDNESDAY, 9:00 – 12:00 PM**

**DATE: 02/08/2023**

**INSTRUCTIONS**

***1. Do not write anything on this question paper.***

**SECTION “A” 40MKS, ANSWER ALL QUESTIONS**

Q1. Explain the following terms

- a. Family planning (2marks)
- b. Family planning counselling (2marks)
- c. Menstrual Cycle (2marks)
- d. Natural Family planning (2marks)
- e. Withdrawal (2marks)

Q2. Explain the five benefits of family planning to the

- a. Mother (2marks)
- b. Baby (2marks)
- c. Family (2marks)
- d. Nation (2marks)
- e. Economy (2marks)

Q3. Highlight the factors which determine the choice of family planning and explain. (5marks)

Q4. List and explain the modern family planning methods utilized in Kenya. (5marks)

Q5. (a) Explain the mechanism of hormonal contraceptives. (2marks)

(b) Explaining the permanent family planning methods. (3marks)

Q6. Implants are among the new family planning methods Explain two types of implants citing the period of use recommended for each. (1marks)

Q7. (a) Condom use offers dual protection. Explain (1marks)

(b) Explain how natural family planning helps in weaning a baby. (1marks)

Q8. (a) Explain your role as a community health worker in ensuring male involvement in family planning choices and decisions. (5marks)

(b) Highlight five side effects hormonal contraceptives. (5marks)

**SECTION “B” (30MKS) ANSWER TWO QUESTIONS**

Q9. Discuss the warning/danger signs associated with the use of implants. (7marks)

Q10. Explain the steps of family planning counselling using Gather. (15marks)

Q11. Describe the qualities of care and client rights in provision of family planning services. (7marks)