

**THE NATIONAL UNIVERSITY OF LESOTHO**  
**BSc NURSING EXAMINATIONS**  
**REPRODUCTIVE HEALTH**  
**NRS 5307**

**JANUARY: 2024**

**MARKS: 100**

**TIME: 3 HOURS**

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**INSTRUCTIONS:**

1. **INSTRUCTIONS:**

1. This paper consists of four (4) Questions and 8 pages.
2. Answer all questions.
3. Read and follow the instructions carefully
4. Marks are allocated in brackets.
5. You will be penalized if you copy.

**QUESTION 1**

For the following multiple choice questions choose the most appropriate answer. E.g. **40. 1 C**

1.1 Sexual orientation refers to:

- a. The sex that a person is assigned at birth
- b. The sex that a person is romantically and physically attracted to
- c. The internal feeling that you are not distinctly female or male
- d. Internal feeling a person has of being male or female

1.2 Sexual behaviour is about:

- a. Sense of masculinity and femininity
- b. Physical sex motivated by desire for sexual pleasure
- c. Chromosomes characteristics
- d. Sense of maleness and femaleness

1.3 The female reproductive cycle comprises of ovarian cycle (ovulation) and uterine cycle (menstrual) which occur simultaneously. Which of these phases occur in ovarian cycle?

- a. Proliferative
- b. Secretory
- c. Ischemic
- d. Follicular

1.4 Premenstrual tension come as a result of

- a. Decreased progesterone to oestrogen ratio
- b. Increase in progesterone to decrease in oestrogen ratio
- c. Prostaglandin increase to increase in oestrogen ratio
- d. Oestrogen levels remaining stable

1.5 Masters and Johnson physiology of sexual response occurs in the following four phases

- a. Plateau , orgasm, excitement, resolution
- b. Excitement, plateau, orgasm, resolution
- c. Plateau, excitement resolution orgasm
- d. Desire, excitement, plateau, orgasm

1.6 During plateau phase, the female displays the following characteristics

- a. Cervix opens slightly
- b. Vagina goes into spasm
- c. Clitoris moves upwards and posteriorly
- d. Uterus retracts

1.7 During Orgasm the male displays the following characteristics

- a. The penis is engorged
- b. Urethra is moistened with mucus
- c. Prostate remain the same
- d. Semen is ejected with force

1.8 Sexuality educators should

- a. Help young people understand how males and females should behave so they may distinguish right from wrong.
- b. Teach people that gender roles are harmful stereotypes to young people
- c. Demonstrate the proper behaviour for each sex
- d. Encourage people to question or challenge gender roles

1.9 Which of the following are relationship rights:

- a. To demand what you think is your right
- b. To be yourself
- c. To be always be treated with respect and as an equal
- d. To say No without feeling guilty

1.10 Which of the following statements is a sexual human right?

- a. If a 15 year old girl wants to get married it is her right
- b. Traditional practices that are harmful should be changed or stopped
- c. It is important to encourage the community to protect children
- d. It is important for community to preserve their traditions even if they harm *some* people.

1.11 Which of the following is gender –based violence?

- a. A man making sexual remarks to a woman who is wearing sexy miniskirt.
- b. A girl refusing to have sex with the boyfriend
- c. Husband insisting that his wife have sex with him.
- d. Young people calling a boy names because he is not acting masculine enough

1.12 When taking the menstrual history of a female client you ask about

- a. Length of time without contraception
- b. Fertility with other sex partners
- c. Age of menarche, interval , duration and quantity of menses
- d. Reproductive surgery

- 1.14 When taking the medical history of a male client you ask about
- Accidental damage to the testes
  - Mumps after adolescence
  - Sperm count decrease with age
  - Occupational exposure to heat
- 1.15 A procedure using carbon dioxide and the coagulation when sealing of the fallopian tubes is called
- Culdoscopy
  - Laparoscopy
  - Hysterectomy
  - Mini-laparotomy
- 1.16 When counselling an adolescent girl who expresses her desire to start using oral contraceptives, it is strongly recommended that the duration of her menstrual cycle be well established. How long should she have been experiencing menses before beginning to take the oral contraceptive?
- 1 year
  - 2 years
  - 3 years
  - 4 years
- 1.17 Which of the following are is a side effect of Depo-provera
- Thrombophlebitis
  - Weight gain
  - Excessive menstrual flow
  - Osteoporosis
- 1.18 Which of the following increase sperm count?
- Overheat
  - Low coitus
  - Use of hot baths
  - Wearing loose clothing
- 1.19 Which of these is true about fertility studies?
- Fertility studies should be done more quickly within younger women
  - If a couple is very anxious about fertility, studies should not be delayed regardless of the couple's age.
  - Initial testing involves only partner suspected of infertility.
  - Women under 30 years should be referred for evaluation after 5 months of infertility.

- 1.20 Which fertility option should be explored by a woman with blocked fallopian tubes?
- Hormonal therapy
  - Artificial insemination
  - In vitro fertilization
  - Gamete intra-fallopian transfer
- 1.21 Which Practical suggestions should be encouraged to assist a couple achieve fertility?
- Having coitus everyday will increase chances for fertility.
  - Douching should be done before coitus to promote sperm mobility.
  - The male-superior position for coitus is best to achieve conception by placing sperm near the cervix.
  - The woman should ambulate immediately after coitus to mobilize the egg towards the sperm.
- 1.22 Mrs Tala is 38 years and has come to the family planning clinic for contraceptive services. You give her information on different methods on family planning commodities. You examine her thoroughly and find the she reports to have unexplained vaginal bleeding, blood pressure of 150/100mmhg. Which of the following method will you recommend for her?
- Combined oral contraceptive
  - DMPA &NET-EN
  - Progestogen-only Pill
  - Copper IUD
- 1.23 Mpati is HIV positive and is on the ART regimen containing Ritonavir boosted Lopinavir(LPV/r). She is in need of contraception. From the listed methods below, Which one will you recommend for her after assessing her HIV treatment?
- Implants
  - Copper IUD
  - Combined injectable
  - Progestogen-only pill
- 1.24 Matlotlo has been diagnosed with thrombocytopenia secondary to menorrhagia. Which contraceptive therapy will you prescribe for her to control her condition?
- Copper IUD
  - Implants
  - Progestogen –only pill (POPs)
  - DPA & NET-EN

1.25 When is the best time to perform female surgical sterilization?

- a. <7 days postpartum
- b. During pregnancy
- c. Post abortal sepsis
- d. Severe preeclampsia and eclampsia

**[25 marks]**

**QUESTION 2**

2.1 Explain the following concepts. (1mark/point, 5)

- a. Violence
- b. Rape
- c. Incest
- d. Intimate partner abuse
- e. Stalking

1.2 Discuss significance of Gender base violence in Nursing and Midwifery. (1mark/point, 15)

2.3 Explain how each of the following factors may promote violence.

- a. Education. (1mark /point, 5)
- b. Organized religious groups. (1mark /point, 5)
- c. Community level (1mark /point, 5)

**[(35 Marks)]**

**QUESTION 3**

Read the following scenario and answer the questions that follow:

Thabo (38 years old) and Mosa (36 years old) have been married for 3 years. Both have never had children. For the past year they have been have unprotected sex an average of three times in an effort to conceive. They have come to the fertility clinic for assessment and counselling.

3.1 Explain how their ages affect their fertility and the possible solutions you will encourage them to practice. (1mark /point, 10)

3.2 Discuss the cultural beliefs that this couple may have which you should consider when discussing measures to facilitate fertility. (1mark /point, 10)

3.3 Discuss the measures you will use to support this couple through their emotional response to news of fertility. (1mark /point, 10).

**[30 marks]**

**QUESTION 4**

Describe the subcutaneous ring bock technique used in male circumcision. (1 mark /point, 10)

**TOTAL 100**