Appendix D: Answer Key for Combined Oral Contraceptives (COCs) Module Pre- and Post-test

Participant Name_____

Instructions: Circle the letter(s) for all that apply. (Some questions may have more than one correct answer.) Follow specific directions for each section. There is a total of 50 points.

Scoring: Score each correct answer by 1. Multiply total correct answers by 2 to get total percentage. Use whatever passing score is usually used in your country. A commonly used passing score is 80%.

1. Which of the following is true about the hormonal content of COC pills?
   a. **COCs contain low doses of the hormones estrogen and progestin that are like the natural hormones progesterone and estrogen in a woman's body.**
   b. COCs contain natural estrogen and synthetic progestin.
   c. All formulations of COCs contain the same hormones
   d. COCs contain more than two types of synthetic hormones.

2. COCs prevent pregnancy by:
   a. Preventing ovulation (the release of eggs from the ovaries)
   b. Damaging sperm
   c. Causing cervical mucus to become thicker
   d. Preventing a fertilized egg from embedding in the uterine lining
   e. **Primarily by preventing ovulation, but also by causing cervical mucus to become thicker**

3. 3. As commonly used, among 100 women using COCs, about how many will become pregnant in the first year?
   a. <1 pregnancy per 100 women in the first year of use
   b. 2 pregnancies per 100 women in the first year of use
   c. 7 pregnancies per 100 women in the first year of use
   d. 9-10 pregnancies per 100 women in the first year of use

4. Consistent and correct use (perfect use) of COCs among 100 women for one year results in:
   a. **<1 pregnancy per 100 women in the first year of use**
   b. 2 pregnancies per 100 women in the first year of use
   c. 7 pregnancies per 100 women in the first year of use
   d. 9-10 pregnancies per 100 women in the first year of use

5. Which is NOT an advantage of COCs?
   a. it is highly effective if taken correctly
   b. **it protects against HIV/AIDS**
   c. it protects against ovarian and endometrial cancer

d. it decreases risk of ovarian cysts

6. Which of the following women would COCs NOT be appropriate for:
   a. a nulliparous women
   b. a breastfeeding woman (6 months or more)
   c. an adolescent
   d. **a woman with liver disease (Cirrhosis)**
   e. a woman under age 35 who smokes
   f. a woman with anemia
   g. a woman with HIV

7. When can a healthy woman begin taking COCs after childbirth if she is not breastfeeding?
   a. immediately
   b. **3 weeks after giving birth**
   c. 6 weeks after giving birth
   d. 6 months after giving birth

8. When a client finishes a packet of 28 pills, she should start the next packet:
   a. after 5 days
   b. after 7 days
   c. **on the next day**
   d. when her menstrual bleeding stops

9. If a client forgets to take 1 active pill (pill containing hormones), she should:
   a. discard the forgotten pill
   b. use a backup method for 7 days
   c. **take the forgotten pill as soon as she remembers, take the next pill at the regular time, and continue to take 1 pill a day until the package is finished**
   d. start a new pack of pills

10. What procedures does a woman need before she starts COCs?
   a. A pelvic exam
   b. Blood tests
   c. Cervical cancer screening
   d. A breast exam
   e. **None of the above, women can start COCs without any of these procedures**

11. Women with HIV:
   a. Usually cannot take COCs
   b. Can take COCs unless they are on ARVs
   c. **Can safely use COCs, whether or not they are on ARVs**

True or False

Check off either "True" (T) or "False" (F) in the space provided.

12.	It is recommended that women using COCs take a “break” from the Pill every few months.	T ___	**F ___**
13.	As they are commonly used, COCs are as effective as an IUD	T ___	**F ___**
14.	COCs are more than 99 percent effective when used correctly.	**T ___**	F ___
15.	COCs can be used by women who are breastfeeding after three weeks postpartum.	T ___	**F ___**
16.	COCs do not cause birth defects or multiple births.	**T ___**	F ___
17.	COCs provide protection from STIs.	T ___	**F ___**
18.	Changes in menstrual bleeding patterns are a common side effect of COCs.	**T ___**	F ___
19.	COCs may be prescribed for a 20-year-old smoker.	**T ___**	F ___
20.	COCs may be prescribed for a 40-year-old smoker.	T ___	**F ___**
21.	COCs should not be prescribed for a healthy 45-year-old woman.	T ___	**F ___**
22.	COCs can be given to a woman to start at a later time.	**T ___**	F **___**
23.	COCs must be taken every day whether or not a woman has sex that day.	**T____**	F____
24.	COCs do not disrupt an existing pregnancy.	**T_____**	F____

Fill in the Blank

Complete the following sentences with one of these words in each blanks. Each word will only be used once. Each blank is worth two points.

headaches	blood clots	nausea	ovarian cancer	no monthly bleeding
high blood pressure	yellow skin or eyes	varicose veins	lighter	breast tenderness
anemia	irregular	gallbladder disease	severe, constant pain in legs, chest or belly	HIV
endometrial cancer	bright spots in vision before very bad headaches	ovarian cysts	infrequent	liver disease
	breast cancer		very bad headaches	

25. Possible side effects of COCs not related to menstruation include _**nausea**_____, __**headaches**_____, and ___**breast tenderness**_____.

26. Side effects related to menstruation could include _**irregular**_____**,** **___lighter** _, or _**infrequent**_____ monthly bleeding, or __**no monthly bleeding** _.

27. There is a very rare risk of __**blood clots**_____ in women who use COCs.

28. Possible health benefits of COCs include the reduced risk of _**ovarian cancer**_____, _**ovarian cysts**_____, and __**endometrial cancer** _.

29. The 4 COC warning signs of rare complications are:

    1. __ **Severe, constant pain in legs, chest or belly**_____
    2. ___**Very bad headaches**_____
    3. ____ **Bright spots in vision before very bad headaches**_____
    4. ____**Yellow skin or eyes**_____

30. It is safe for a woman with _**HIV**_____, ___**anemia**____, or **varicose veins** to take COCs.

31. Women with **_gallbladder disease_____**, **__breast cancer_____**, **_____high blood pressure_____**, or **___liver disease__** should usually not use COCs.

Check off either "Yes" or "No" in the space provided.

32.	Is it appropriate to prescribe COCs for a 20-year-old woman whose sister has hypertension and whose father had a heart attack at age 48?	**Yes**___	No___
33.	Can women with cyclic cystic breast changes use COCs?	**Yes**___	No___
34.	If a client had a blood pressure of 120/80 prior to using COCs, that increased to 150/98 after 3 months on COCs, is it advisable for her to continue the pills?	Yes___	**No**___
35.	Is it appropriate to prescribe COCs for a healthy woman who had a baby 6 months ago and is breastfeeding?	**Yes**____	No ___