

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
MAIN EXAMINATION, MAY 2012

COURSE CODE: NUR 300

COURSE NAME: INTRODUCTION TO MIDWIFERY

TIME ALLOWED: 2 HOURS

INSTRUCTIONS:

- ANSWER ALL QUESTIONS IN SECTION A
- ANSWER ANY TWO QUESTIONS OF YOUR CHOICE IN SECTION B
- TOTAL MARKS: 75 MARKS

DO NOT OPEN THIS PAPER UNTIL ADVISED TO DO SO BY THE INVIGILATOR

Question 1

Select the most appropriate response from each of the following questions. **E.g. 1.1 a**

- 1.1 Which of the following professionals has a scope of practice that does not cover both maternal and neonatal health:
- A midwife
 - An obstetrician
 - General medical practitioner (GP)
 - A nurse
- 1.2 One of the following statements reflects the practice of midwifery. Which one is it?
- Execution of emergency measures in pregnancy
 - Performance of caesarean section when necessary
 - Use of vacuum extraction
 - Wound management
- 1.3 Identify the most appropriate health care professional to look after a woman that has just given birth and has had no complications following the birth.
- A general medical practitioner
 - A traditional birth attendant
 - A rural health motivator
 - A general nurse
- 1.4 One of the following is not a common condition of pregnancy. Identify it.
- nausea and vomiting
 - diarrhoea
 - backache
 - all of the above
- 1.5 Which of the following represent the diameters of a gynaecoid pelvis?
- cavity: anteroposterior 11cm, oblique 11cm, transverse 11cm
 - outlet: anteroposterior 11cm, transverse 13cm, oblique, 12 cm
 - inlet: anteroposterior 12cm, transverse 13cm, oblique 11cm
 - none of the above
- 1.6 One of the following is true about the diameters of the foetal skull. Which one is it?
- The mentovertical diameter is the shortest diameter
 - The submentobregmatic diameter is equal to the occipito frontal diameter

- c. The diameter that favours normal birth is the suboccipito-bregmatic diameter
- d. None of the diameters given in a, b, and c favour normal birth

Nothando presents at the antenatal clinic for a first visit in the current pregnancy. Nothando reports a history of 5 live children, all born vaginally without assistance. The following questions relate to this scenario.

1.7 Which of the following is true about Nothando?

- a. Gravida 5 para 5
- b. Gravida 4 para5
- c. Gravida 6 para 5
- d. Gravida 6 para 6

1.8. Nothando is;

- a. A primiparous woman
- b. A multiparous woman
- c. in danger of having a miscarriage
- d. all of the above

1.9 Nothando's vaginal pH during this pregnancy is;

- a. 4.5
- b. 5.5
- c. 6.5
- d. 7.5

1.10 Nothando requires;

- a. Special attention as she will require a caesarean section to birth the baby

b. A medical team to assist her in the pregnancy as she will definitely require a forceps delivery

c. a supportive midwife as she goes through this current pregnancy

d. all of the above

Nomcebo, a 15 year old first-time mother presents herself at the antenatal clinic and is attended to by a general nurse. The following questions relate to this scenario

1. 11 Which of the following is true?

a. Nomcebo should be advised to have a hospital birth

b. Nomcebo is at the most favourable age to have a baby

c. Nomcebo is likely to be pregnant with twins

d. All of the above

1.12 Which of the following should be the initial care that the midwife gives to Nomcebo?

a. To do a complete physical examination on Nomcebo

b. To take a comprehensive history from Nomcebo

c. To take blood for laboratory investigations such as Hb and RPR

d. PMTCT

1.13 The most appropriate health care professional for Nomcebo to be referred to is;

a. the midwife

b. the gynaecologist

c. the nursing assistant

d. the paediatrician

1.14 Which of the following would be part of the expected routine care dispensed by the health care professional that the general nurse has referred Nomcebo to?

a. Give tetanus toxoid injection

b. give cotrimoxazole prophylaxis

c. give zidovudine and niverapine prophylaxis

d. Check Nomcebo's blood for diabetes mellitus in pregnancy

1.15 Which of the following the following tests are routinely done in pregnancy?

- a. Reactive protein reactin
- b. Tubercle bacillus
- c. Fasting blood sugar
- d. all of the above

1.16 Which of the following is true about Nomcebo?

- a. Nomcebo is at risk of contracting HIV
- b. Nomcebo is a primiparous woman
- c. Nomcebo is a grandmultiparous woman
- d. Nomcebo is gravida 2 para 1

Lucy is an excited 23 year old first time mother who has just learned that she is pregnant. The following questions relate to this scenario.

1.17 Which of the following are presumptive signs of pregnancy?

- a. morning sickness, amenorrhea, changes in skin pigmentation
- b. amenorrhea, bladder irritability, foetal heart sounds
- c. Chadwick's sign, morning sickness, palpable foetal parts
- d. morning sickness, amenorrhoea, quickening

1.18 Which of the following should Lucy and her husband expect during the pregnancy?

- a. Quickening at 20 weeks gestation
- b. Quickening at 17 weeks gestation
- c. Quickening at 25 weeks gestation

d. None of the above

1.19 Which of the following is the most likely definitive sign 'used to diagnose Lucy's pregnancy?

- a. an x-ray of the foetus
- b. foetal heart sounds auscultated using a foetal stethoscope
- c. a urine test for the hormone human chorionic gonadotriphin (HCG)
- d. uterine growth

1.20 One of the following does not represent critical health education topics that Lucy's midwife should include during pregnancy. Identify it.

- a. pain management in labour
- b. immunisation
- c. breastfeeding
- d. neonatal meningitis

1.21 Which of the following statements is untrue about Lucy's pregnancy;

- a. Lucy is a primiparous woman
- b. Lucy is an elderly primiparous woman
- c. Lucy is a high risk client
- d. Lucy is likely to be well supported in this pregnancy

1.22 Lucy experiences swollen bleeding gums and presents herself at the antenatal clinic. Which of the following is true about Lucy's condition?

- a. Lucy has epulis
- b. Lucy's condition is due to progesterone
- c. Lucy requires antibiotics
- d. none of the above

1.23 Which of the following would be the best advice to give Lucy in response to frequent episodes of urinary tract infections?

- a. that urinary tract infections are normal in pregnancy

- b. that the problem will spontaneously resolve after childbirth
- c. that drinking at least 2 liter of water daily reduces the occurrence of the problem
- d. that drinking at least 2 liters of water daily will eliminate the problem

1.24 As a first time mother, Lucy will probably require;

- a. assistance with breastfeeding
- b. counseling on infant feeding
- c. her husband to be present during the birth
- d. all of the above

1.25 One of the following statements is true about Lucy's husband, which one is it?

- a. Lucy's husband requires counseling on infant feeding
- b. Lucy's husband has no business being in the labour ward
- c. Lucy's husband should attend parenting classes alone
- d. all of the above

Question 2

Describe foetal blood circulation from the placenta.

(25 marks)

Question 3

Nomzamo is pregnant and is curious to know what changes will happen in her respiratory system, as she is from an asthmatic family.

3.1 Discuss with Nomzamo, the changes that occur and why these changes occur. **(15 marks)**

3.2 Nomzamo is also worried about the changes that may occur on her skin as her looks are her trade. Discuss with Nomzamo what these may be and what brings them about. **(10 marks)**

Question 4

In January 22 2012, Lucky had a routine health visit as the local midwife to Nomasonto's homestead. Nomasonto a 34 year old married woman reported unexplained amenorrhoea since October 2011. Nomasonto expressed confusion at this since her husband lives away in the mines,

and last visited her in August 2011. Nomasonto reported menses which started on the 4th of September after her husband left, spanned 2 days and were mild, a refreshing change from her usual 6 day heavy flow that she was accustomed to. Nomasonto last had the usual heavy menstrual flow which ended on the 3rd of August 2011.

4.1 What do you think could be most likely cause of Nomasonto's amenorrhoea in the absence of disease or hormonal disorders? Justify your response. **(10 marks)**

4.2 Calculate Nomasonto's estimated day of delivery using Naegel's rule **(10 marks)**

4.3 Nomasonto is worried that drinking lots of water will create too much water in her uterus if she is pregnant. Explain to Nomasonto what brings about amniotic fluid during pregnancy.

(5 marks)