UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
FINAL EXAMINATION PAPER: MAY, 2017

TITLE OF PAPER: NORMAL LABOUR AND INTRAPARTUM CARE
COURSE CODE: MID409
DURATION: TWO (2) HOURS
TOTAL MARKS: 75

INSTRUCTIONS:
1. ANSWER ALL QUESTIONS
2. FIGURES IN BRACKETS INDICATE MARKS ALLOCATED TO EACH OR PART OF A QUESTION
3. ANSWER EACH QUESTION ON A NEW PAGE

THIS PAPER SHOULD NOT BE OPENED UNTIL PERMISSION IS GRANTED BY THE INVIGILATOR
Question 1

Select the correct answer and write the letter that corresponds with it next to the question number, in your answer sheet. Example: 2. B

Part A

1. True onset of labour is defined by which one of the following?
   A. Passage of bloody show
   B. Occurrence of uterine contraction
   C. Cervical dilatation and effacement
   D. Excessive foetal movement

2. True contractions are characterised by all of the following except:
   A. Occur at regular intervals
   B. Intervals gradually get smaller
   C. Intensity increases
   D. Pain stops with sedation

3. All of the following are false contractions (Braxton Hicks) characteristics except:
   A. Occur at regular intervals
   B. Intensity does not change
   C. Pain is felt primarily in the lower abdomen
   D. Cervix dilate

4. Which of the following is true about retraction?
   A. Relaxation after a uterine contraction
   B. Intensity of uterine contraction in upper and lower segments
   C. The myometrium of the upper uterine segment becomes shorter after a contraction
   D. The pacemaker in the right cornu of the uterus

5. Regarding the stages of labour:
   A. First stage of labour ends with birth of the baby
   B. Second stage of labour is divided into latent and active phases
   C. Third stage of labour lasts one hour
   D. Third stage of labour begins immediately after the birth of the infant and ends with placental delivery.
6. A laboring client is in the first stage of labor and has progressed from 4 to 7 cm in cervical dilation. In which one of the following phases of the first stage does cervical dilation occur most rapidly?
A. Preparatory phase  
B. Latent phase  
C. Active phase  
D. Transition phase

7. A multiparous client who has been in labour for 2 hours states that she feels the urge to move her bowels. How would you respond?
A. Let the client get up to use the potty  
B. Allow the client to use a bedpan  
C. Perform a pelvic examination  
D. Check the fetal heart rate

8. Labour is a series of events affected by the coordination of the five essential factors. One of these is the passenger (foetus). Which are the other four factors?
A. Contractions, passageway, placental position and function, pattern of care  
B. Contractions, maternal physiological response, placental position, psychological response  
C. Passageway, contractions, placental position and function, psychological response  
D. Passageway, placental position and function, maternal response, psychological response

9. A G4 P3 is admitted to the labor and delivery unit. You perform a vaginal exam and realise that her membranes have ruptured. Which observation would you be expected to make immediately.
A. Fetal heart tones of 160bpm  
B. A moderate amount of straw-colored fluid  
C. A small amount of greenish fluid  
D. A small segment of the umbilical cord

10. Ms. Z is admitted to the labour unit. A vaginal exam reveals that she is 2cm dilated. Which of the following statements would the midwife expect her to make?
A. "We have a name picked out for the baby."  
B. "I need to push when I have a contraction."  
C. "I can't concentrate if anyone is touching me."  
D. "When can I get my epidural?"

Total marks = 10

Part B
Describe the physiologic changes that occur in the uterus during the first stage of labour? (15 marks).
Total marks = 25

Question 2

You have been monitoring Mrs. G, gravida 3 Para 2, who has been admitted into labour in the past six hours. She suddenly shouts, "nurse the baby is coming out". You examine her and found that the cervix is fully dilated and the station is +4.

2.1 Discuss your intervention until the baby is born. (20 marks)

2.2 Describe five probable signs of the second stage of labour. (5 marks)

Total marks 25

Question 3

Describe the third stage of labour (including the physiology of separation of the placenta and membranes) highlighting the major points of the delivery of the placenta and membranes. (25 marks)