

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
FINAL EXAMINATION QUESTION PAPER MAY, 2006

TITLE OF PAPER : NORMAL MIDWIFERY

COURSE CODE : MID 101

DURATION : TWO (3) HOURS

TOTAL MARKS : 100

INSTRUCTIONS : 1. ANSWER ALL FOUR (4) QUESTIONS

2. THIS PAPER IS DIVIDED INTO TWO SECTIONS, A and B

3. FIGURES IN BRACKETS INDICATE MARKS ALLOCATED FOR EACH QUESTION OR PART OF A QUESTION

THIS PAPER SHOULD NOT BE OPENED UNTIL PERMISSION HAS BEEN GRANTED BY THE INVIGILATOR

SECTION A

INSTRUCTION: SELECT THE MOST CORRECT RESPONSE IN EACH QUESTION. IN YOUR ANSWER SHEET, WRITE THE LETTER AGAINST THE CORRESPONDING NUMBER e.g. 13 – C.

QUESTION 1.1

In order for fertilization to occur following sexual intercourse, the semen loaded with spermatozoa should be deposited into the seminal pool. This is the:

- A. Anterior fornix of the Vagina
- B. Lateral fornix of the vagina
- C. Posterior fornix of the vagina
- D. Cervix

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Question 1.2

Which of the following functions does the corpus albicans perform?

- A. Produce hyaluronidase to make penetration of the zona pellucida easy
- B. Facilitate cell division shortly following fertilization
- C. Continues to produce progesterone after fertilization thus maintaining the pregnancy till the placenta is formed.
- D. Secretes the lactose that nourishes the fertilized ovum on its way to the uterine cavity.

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Question 1.3

There are three primitive layers in the fertilized ovum. Which of the three is responsible for the formation of the skin and the nervous system?

- A. The ectoderm
- B. The endoderm
- C. The mesoderm
- D. The trophoblast

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Question 1.4

Which of the following are NOT effects of oestrogens?

- A. Proliferation of uterine endometrium
- B. Production of cervical mucus
- C. Leucorrhoea during pregnancy
- D. Mid-pregnancy drop in the blood pressure
- E. Fluid retention

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Question 1.5

Which of the following is NOT a positive sign of pregnancy?

- A. Fetal movements as felt by the midwife
- B. Fetal skeleton seen on X-ray
- C. Fetal heart heard with a Doppler
- D. Presence of human chorionic gonadotrophin in the urine of a woman

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Question 1.6

Which of the following best describes the position of the fetus. It is

- A. The way the denominator relates to the ilio-pectoneal line
- B. The relationship between the denominator and the ilio-pectoneal eminence
- C. The way the denominator relates to the sacrum and the pubis
- D. The way the denominator relates to the land marks on the maternal pelvic brim.

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Question 1.7

Vulnerability of women on HIV/AIDS is due to:

- A. Lack of adequate HIV/AIDS education
- B. Lack of interest to HIV/AIDS education
- C. Lack of retroviral drugs
- D. Lack of support from the spouse

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Question 1.8

What is the first step in obtaining an HIV test?

- A. Drawing blood
- B. Obtaining consent
- C. Counseling the woman about why she needs the test
- D. Discussing the risk factors with the woman's husband

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Question 1.9

The following are the findings on pelvic assessment. Divergent side walls, deeply concave long sacrum, the sacro-spinous that measures 3.5cm and flat ischial spines. What type of pelvis is this?

- A. Gynaecoid
- B. Android
- C. Anthropoid
- D. Platypelloid

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Question 1.10

In a normal pregnancy the fetal presenting diameters are the:

- A. Sub-occipito bregmatic and biparietal
- B. Bi-parietal and sub-mento bregmatic
- C. Occipito-frontal and bi-temporal
- D. Sub-occipito bregmatic and bi-temporal

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Question 1.11

An ability to determine the length of the diagonal conjugate during a pelvic assessment helps the midwife to predict the adequacy of the pelvic brim (IN-LET). The midwife uses this to obtain the length of the:

- A. Anatomical conjugate
- B. Obstetrical conjugate
- C. Sacro-cotyloid dimension
- D. Bi-spinous diameter

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Question 1.12

The neuro-muscular harmony that prevails between the two poles of the uterus throughout labour is known as:

- A. Fundal dominance
- B. Retraction ring
- C. Contraction and retraction
- D. Polarity

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Question 1.13

Of the pressures given below which one aids the birth of the baby?

- A. General fluid pressure
- B. Fetal axis pressure
- C. Long axis pressure
- D. Uterine axis pressure

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Question 1.14

Which of the pelvic conjugates below determines the adequacy of the pelvic inlet?

- A. Anatomical
- B. Obstetric
- C. Diagonal
- D. Transverse

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Question 1.15

The urinary bladder of a woman in labour is said to be full enough to affect the progress when it contains Mls:

- A. 50 – 60
- B. 90 – 120
- C. 150 – 180
- D. 200 – 250

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Question 1.16

The chief purpose of exercises in preparation for labour is:

- A. To develop a strength for endurance
- B. To prevent excessive weight gain during pregnancy
- C. To promote relaxation and to train certain muscle groups for use during the second stage of labour
- D. All of the above

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Question 1.17

The ideal time for starting special antenatal exercises in preparation for childbirth is:

- A. At conception
- B. Early in the second trimester
- C. Early in the third trimester
- D. Late in the third trimester

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Question 1.18

What nutrient is recommended for a puerperal woman to aid tissue renewal and milk production?

- A. Iron
- B. Carbohydrates
- C. Vitamin C
- D. Protein

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Question 1.19

A newly delivered mother is vulnerable to infection as the raw placental site measurescm at the end of one week.

- A. 12.5
- B. 7.5
- C. 6.5
- D. 5.5
- E. 2.5

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Question 1.20

By placing your hand on a client's uterine fundus and feeling the uterus contract, you determine the frequency of the contractions by timing the interval from:

- A. The end of one contraction to the beginning of the next
- B. The end of one contraction to the end of the next
- C. The beginning of one contraction to the beginning of the next
- D. The beginning of one contraction to the end of the next

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Question 1.21

The fetus goes through a sequence of manouvres during labour with a vertex presentation, the normal sequence is:

- A. Descent, flexion, external rotation, extension
- B. Engagement, external rotation, flexion, expulsion
- C. Engagement, descent, flexion, internal rotation, extension, external rotation, expulsion
- D. Internal rotation, descent, engagement, restitution, expulsion

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Question 1.22

A primigravida who is in labour has reached 6 centimeters of cervical dilatation and the vertex is low in the mid-pelvis. To alleviate discomfort during contractions, the nurse-midwife should instruct the patient to:

- A. Breathe in through the nose and slowly exhale through the mouth
- B. Apply pelvic rocking
- C. Alternate superficial chest breathing with deep breathing
- D. Superficially pant

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Question 1.23

When obtaining Thulisile's health history, the nurse-midwife learns that the client frequently eats clay. One danger in this practice of pica is MOST likely to:

- A. Predispose her infant to congenital abnormalities

- B. Develop allergies to food that is essential to her health
- C. Crowd foods out of her diet that are important to her health
- D. Cause her infant to have a dislike for many nutritious foods

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Question 1.24

To help the uterus contract and control haemorrhage after delivery, it should be advisable to:

- A. Massage the fundus
- B. Let the mother rest in bed
- C. Apply ice packs to the body of the uterus
- D. Apply warm packs to the body of the uterus
- E. Provide a high fibre diet

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Question 1.25

You are testing urine during the first stage of labour and find it contains ketones.

This indicates:

- A. Fetal distress
- B. Dehydration
- C. Urinary tract infection
- D. Lack of calories

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TOTAL MARKS = 25

SECTION B

Question 2

Describe the anatomy of the fully developed placenta and state the functions
30 marks

Question 3

Discuss the importance of performing the following at the antenatal clinic:

- 3.1 weighing the pregnant woman (6)
- 3.2 Taking the blood pressure (B/P) (3)
- 3.3 Examining the lower extremities (3)
- 3.4 Obtaining blood specimens for examination (3)

15 marks

3.5 Why is knowledge of the anatomy of the fetal skull such vital information to midwives during labour?

(5)

TOTAL MARKS (20)

Question 4

In detail, describe how the nurse-midwife assesses the progress of labour by:

- 4.1 Abdominal examination (10)
- 4.2 Vaginal examination (15)

TOTAL MARKS (25)