

**UNIVERSITY OF SWAZILAND  
FACULTY OF HEALTH SCIENCES**

**FINAL EXAMINATION QUESTION PAPER  
DECEMBER 2007**

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<b>TITLE OF PAPER:</b>	<b>NORMAL MIDWIFERY</b>
<b>COURSE CODE:</b>	<b>MID 110</b>
<b>DURATION:</b>	<b>TWO (2) HOURS</b>
<b>TOTAL MARKS:</b>	<b>75</b>

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**INSTRUCTIONS:**

1. ANSWER ALL (3) QUESTIONS
2. THIS PAPER IS DIVIDED INTO 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: IN EACH QUESTION, SELECT THE MOST CORRECT RESPONSE.  
IN YOUR ANSWER SHEET WRITE THE LETTER AGAINST THE CORRESPONDING NUMBER  
e.g. 1.4 - A

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### Question 1.1

Proliferative phase of the menstrual cycle is characterized by:

- A. Endometrial shedding
  - B. Growth and chickening of the endometrium
  - C. Increased secretory activity
  - D. Follows ovulation
- 1

### Question 1.2

Spermatogenesis takes place in the seminiferous tubules under the influence of:

- A. Follicle stimulating hormone and testosterone
  - B. Testosterone hormone only
  - C. Follicle stimulating hormone and oestrogen
  - D. Follicle stimulating hormone and progesterone
- 1

### Question 1.3

The two (2) primary functions of the testes are:

- A. Erection and ejaculation
  - B. Production of spermatozoa and secretion of hormones
  - C. Regulation of protein anabolism and fluid electrolyte metabolism
  - D. Production of spermatozoa and semen
- 1

Question 1.4

The ectoderm is the embryonic layer that develops into:

- A. The excretory system
- B. The digestive system
- C. The nervous system and brain
- D. Skin and nervous system 1

Question 1.5

Which of the following is NOT an aim of the FIRST VISIT to the antenatal clinic?

- A. To begin building a trusting relationship in which realistic plans of care are discussed
- B. To ensure that the woman reaches the end of pregnancy physically and emotionally prepared childbirth
- C. To assess levels of health by taking a detailed history and to employ appropriate screening tests
- D. To provide an opportunity for the woman and her family to express any concerns they may have 1

Question 1.6

Which of the following statements is NOT relevant to the hormone testosterone?

- A. It increases growth at puberty
- B. It increases growth of the larynx
- C. It is secreted by the interstitial cells of the tests
- D. It is absent in old age 1

Question 1.7

You tell Thoko to expect changes in the breast during pregnancy. Which of the following would you NOT expect to observe?

- A. Increase in size and firmness
- B. Superficial veins grow more prominent
- C. Montgomery's glands decrease in size
- D. Nipples become more prominent and areola deepens in colour 1

Question 1.8

In normal pregnancy, the cardiovascular dynamics alter in order to meet the demands of the fetoplacental unit. The major cardiac changes include the following EXCEPT:

- A. An increase in cardiac output
- B. An increase in total blood volume
- C. An increase in total peripheral resistance
- D. A decrease in total peripheral resistance

1

Question 1.9

Lack of this vitamin in the mother can cause neural tube defects in the fetus.

- A. Folic acid
- B. B
- C. C
- D. D

1

Question 1.10

The earliest stage of pregnancy at which a multiparous woman notices quickening is:

- A. 12 weeks
- B. 16 weeks
- C. 18 weeks
- D. 20 weeks
- E. 22 weeks

1

Question 1.11

The normal vaginal discharge of pregnancy predisposes a woman to:

- A. Candidiasis
- B. Gonococcal infection
- C. Infection with human papilloma
- D. Trichomonas vaginalis

1

Question 1.12

Rest is necessary during pregnancy because:

- A. It assists in increasing uterine perfusion
- B. It assists in improving renal perfusion and diuresis
- C. It decreases woman's basal metabolic rate and therefore decreases demand for protein
- D. It does all of the above

1

Question 1.13

Of the following maternal developmental tasks during pregnancy, which one is of the third trimester phase?

- A. To accept the biologic fact of pregnancy
- B. To accept the growing fetus as distinct from self and as a person to nurture
- C. To prepare realistically for the birth and parenting of the child
- D. All of the above

1

Question 1.14

The following are the primary behaviours that put women at risk for HIV infection EXCEPT:

- A. Sharing of needles, anal or oral sex without a latex barrier condom
- B. Susceptibility to contracting HIV during intercourse than a man
- C. A woman's repeated unprotected sexual contact with one infected partner
- D. Woman's interest to be recognized and have superiority complex in association with infection rich men

1

Question 1.15

The centre of disease control is recommending routine counseling and voluntary HIV testing to pregnant women in order to:

- A. Make oneself known for previous abandoned sexual practices
- B. Receive quality and empathetic HIV counselling
- C. Avoid social and family conflicts

1

Question 1.16

Involuntary testing of HIV/AIDS on a woman during pregnancy is:

- A. Acceptable because the woman is supposed to know even the status of the powerless inborn
  - B. A violation of rights and is not acceptable
  - C. Ideal since it promotes joint responsibility and decision making regarding sexual practices
  - D. A positive measure in reproduction, maternal care and infant care
- 1

Question 1.17

Progesterone has which of the following physiologic effects?

1. Increases the tortuosity of the tubular endometrial glands
2. Stimulates secretion of the endometrial glands
3. Increases body temperature after ovulation through the fallopian tubes
4. Facilitates transport of fertilized ovum through the fallopian tubes
5. Inhibits uterine motility during pregnancy

CHOOSE the answer from the alphabets below

- A. 1 and 3
  - B. 2 and 4
  - C. 1, 2, 3 and 4
  - D. All of the above
- 1

Question 1.18

A short course ARVT prophylaxis regimen in pregnancy may commence:

- A. From 36 weeks onwards
  - B. During the first stage of labour
  - C. In the first trimester of pregnancy
  - D. At the crowning of the presenting part
- 1

Question 1.19

Pregnant mothers who experience nausea and vomiting during their first trimester can be encouraged to:

- A. Exercise every morning in supine position
- B. Push plenty of fluids orally
- C. Eat dry biscuits or crusts before rising in the morning
- D. Eat large amounts of food just before bed time

1

Question 1.20

The hormone that plays part in determining fetal well being is:

- A. Oestrogen
- B. Estradiol
- C. Progesterone
- D. Cortisol

1

Question 1.21

Constipation experienced by a pregnant woman is usually associated with the:

- A. Relaxin effect on pelvic girdle
- B. Increased absorption of nutrients
- C. Oestrogen effect on muscles of the bowel
- D. Progesterone effect on muscle of the bowel

1

Question 1.22

During pregnancy, the blood pressure remains relatively low due to the effect of:

- A. Oestrogen
- B. Progesterone
- C. Prolactin
- D. Only A and B

1

Question 1.23

A pregnant woman who experience leg cramps may be advised to:

- A. Elevate the legs during bed time
- B. Increase the intake of fresh milk

- C. Do some leg exercises before bed time
- D. All of the above

1

Question 1.24

The nurse – midwife happens to prick herself with a needle from an infected pregnant mother, she would therefore need to administer post exposure prophylaxis (PEP) within:

- A. 12 hours
- B. 24 hours
- C. 48 hours
- D. 72 hours

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Question 1.25

Which of the following statements on medication in pregnancy is NOT true?

- A. Most clients will know about the dangers on the fetus and need hardly any health education about it
- B. Drugs taken by the mother may reach the fetus by transplacental passage
- C. The use of drugs in pregnancy needs to be reduced to emergency and short time use
- D. The prescription of drugs in the organo-genetic period must be restricted to the absolute minimum
- E. Our knowledge of the effect of drugs on the fetus is far from complete especially regarding the long term effects

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TOTAL = 25 MARKS



## SECTION B

### Question 2

- 2.1 amniotic fluid plays a very important function / role in pregnancy. State any five (5) functions of this fluid in pregnancy (5)
- 2.2 once a woman discovers that she has missed a period (s) and is pregnant, she may react in two main ways, either state any five (5) positive and any five (5) negative responses that are likely (10)
- 2.3 address a group of expectant women on the benefits of exercise during pregnancy (10)

TOTAL = 25 MARKS

### Question 3

You are the nurse-midwife in charge of antenatal clinic. You have been given a midwifery student to supervise

- 3.1 Help her/him identify five aims of abdominal examination (5)
- 3.2 Subsequently guide her/him through an abdominal examination, by identifying each step and explain what to look for in every step (10)
- 3.3 Discuss and manage 'backache in Pregnancy' (10)

TOTAL = 25 MARKS