

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES**

TITLE OF PAPER: COMMUNITY MIDWIFERY (SEMESTER 2)

COURSE CODE: MID 131

FINAL EXAMINATION, MAY, 2009

TIME ALLOWED: 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 A NEW QUESTION ON A NEW PAGE**
- 4. DO NOT CHEAT, IF YOU CHEAT YOU WILL BE PENALISED**

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MULTIPLE CHOICE QUESTIONS

Instruction: Write the number and the letter that corresponds to the best response, e.g. 7. B

QUESTION 1

1. Sibongile Shiba is a 24 year old married female experiencing her first pregnancy. Sibongile's husband accompanies her during a seventh month prenatal visit. He asks the nurse midwife "Is it okay to have sex?" The best response is:

- A. It's best to avoid intercourse in the third trimester
- B. Intercourse increases the risk of preterm labour
- C. Intercourse increases the risk of infection
- D. There is no reason to stop having intercourse as long as you both are comfortable

Thandi Simelane is a 32 year old female with a 7 year history of infertility. She is being followed in the Public Health Clinic to determine the cause and to treat her infertility.

2. All of the following elements of Thandi's history would contribute to infertility except:

- A. A 4 year history of oral contraceptive use
- B. Endometriosis
- C. Pelvic inflammatory disease
- D. Obesity

Thandekile Dlamini is a 27 year – old female, gravida 1, para 0, who is being seen in at the Public Health Clinic for her first prenatal visit by the nurse-midwife.

3. Which of the following assessments would not be routine in an initial pre-natal visit?

- A. Blood Pressure
- B. Weight
- C. Fundal height
- D. Pelvic examination

4. At a subsequent prenatal visit, Thandekile asks the nurse midwife, “When will I be able to feel the baby move?” The nurse-midwife’s response should be:

- A. Late in the first semester
- B. Late in the second trimester
- C. In the middle of the second trimester
- D. Late in the third trimester

5. Thandekile complains of constipation. The nurse midwife should recommend which of the following?

- A. Take 30 cc of mineral oil as needed
- B. Increase fibre and fluids in her diet
- C. Discontinue prenatal iron supplements
- D. Use enema every 4 hours as needed

Zodwa Simelane is a 24 year old married female experiencing her first pregnancy.

6. Zodwa and her spouse plan to attend preparation for labour and delivery classes. The primary goal of the classes is to:

- A. Facilitate a painless labour and delivery
- B. Teach breathing techniques that promote adequate fetal oxygenation
- C. Expose the male partner to the process of labour and delivery
- D. Enhance the labouring couple’s ability to cope during labour

7. Zodwa is planning to breast feed her baby. In preparation for breastfeeding, she should be encouraged to:

- A. Rub her nipples briskly with a rough wash cloth
- B. Wear a supportive brassiere
- C. Apply warm compresses to her breasts twice daily
- D. Increase dietary calcium

8. Sally decided to use a diaphragm for contraception. Which form of patient instruction would be most effective to teach Sally how to use it?

- A. Show her a video
- B. Provide her with a booklet with diaphragm
- C. Involve her in an instruction class
- D. Encourage her to practice insertion, following a brief explanation.

Betty aged 4 months is brought to the well baby clinic for routine well care visit. The midwife performs an evaluation of her motor development.

9. The midwife would expect to see mastery of which of the following gross motor skills?

- A. While in prone position, she lifts her head and chest and bears weight on her forearm
- B. She rolls easily from her back to her abdomen
- C. She sits alone, leaning on her hands for support
- D. She wilfully rolls from her abdomen to her back

10. The midwife should recognize which of the following as examples of fine motor skills development at age 4 months?

- A. She uses the grasping reflex to pick up small objects
- B. Her hands are predominately closed
- C. She can transfer objects from one hand to another
- D. She is unable to voluntarily grasp an object.

10 MARKS

QUESTION 2

Describe some of the sources of information you should use to get to know the community?

15 MARKS

QUESTION 3

Describe how a midwife should respond to each of the following clients concerns and questions.

- A. Lindiwe, is 7 months pregnant and working as a secretary full time. She asks the midwife if she should take a laxative tablet that a friend gave her because she has noticed that her ankles swell up at the end of the day. **5 Marks**
- B. Girlie is in her third trimester of pregnancy. She tells the midwife that her posture seems to have changed and that she occasionally experiences low back pain. **5 Marks**
- C. Maria, who is 36 weeks pregnant with her first baby, calls her community midwife stating that she knows the baby is coming since she felt uterine contractions before getting out of bed in the morning. Maria confirms that they seem to have decreased in intensity and frequency since she has gotten out of bed and walked around. **5 Marks**
- D. Zodwa, is a primigravida who is 32 weeks gestation. When she comes for a prenatal visit, she reports that she has been experiencing occasional periods of shortness of breath during the day. Sometimes she has to use an extra pillow to sleep comfortably. Zodwa expresses concern that she is developing a breathing problem. **5 Marks**

TOTAL

20 MARKS

QUESTION 4

Accurate blood pressure readings are critical, if significant changes in the cardiovascular system are to be detected as a woman adapts to pregnancy during the prenatal period.

Write a protocol for blood pressure assessment that can be used by midwives working in a prenatal clinic to ensure accuracy of the results obtained during blood pressure assessment.

15 MARKS

QUESTION 5

Phumelela's pregnancy has just been confirmed. She is type 2 diabetes and is told that she now must learn how to give herself insulin. Phumelela becomes very upset and states "I cannot possibly give myself a shot. Why not let me continue to take my pills since they have been working fine so far?" Describe how you would respond to Phumelela.

15 MARKS

TOTAL MARKS = 75