

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES**

FINAL EXAMINATION QUESTION PAPER MAY 2009

TITLE OF PAPER: INTRODUCTION TO MIDWIFERY

COURSE CODE: NUR 300

DURATION: TWO (2) HOURS

TOTAL MARKS: 75

- INSTRUCTIONS:**
1. ANSWER ALL QUESTIONS
 2. ALL QUESTIONS CARRY EQUAL MARKS
 3. READ THE QUESTIONS CAREFULLY
 4. FIGURES IN BRACKETS INDICATE MARKS ALLOCATED TO A QUESTION OR PART OF A QUESTION
 5. START EACH QUESTIONS ON A FRESH PAGE
 6. DO NOT CHEAT OR ELSE YOU WILL BE PENALISED

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**(NUR 300) INTRODUCTION TO MIDWIFERY
FINAL EXAMINATION, QUESTION PAPER, MAY 2009
SECTION A**

QUESTION 1

Choose the most appropriate response e.g. 1.26 C. Each correct answer carries 1 mark. Total: 25 marks.

1.1 Three openings which perforate the perineum include

- (a) The rectum, bladder and anus
- (b) The vagina, rectum and urethra
- (c) The urethra, bladder and vagina
- (d) The vagina, anus and urethra

1.2 The important landmark(s) on the pelvic outlet consists of

- (a) The promontory of the sacrum
- (b) The ischial tuberosities
- (c) The sub pubic arch
- (d) The ischial spines and the subpubic angle

1.3 The most important fontanelle (s) on the fetal skull is the

- (a) The bregma and anterior fontanelle
- (b) The occipital fontanelle and the lambda
- (c) The anterior fontanelle
- (d) None of the above

1.4 The sacrospinous ligament forms part of the

- (a) symphysis pubis
- (b) pelvic cavity
- (c) pelvic outlet
- (d) pelvic brim

1.5 Ideally the ischial spines should be

- (a) Protruding into the outlet to protect the fetus
- (b) Well pruned during labour to allow passage of the fetus
- (c) Smooth and well rounded
- (d) All the above

1.6 The pelvic floor muscles have important functions which include :

- (a) Creating space for the fetus during pregnancy
- (b) Supporting the fetus in utero
- (c) Controlling micturition and defaecation
- (d) All the above

1.7 During pregnancy the lower uterine segment is formed by the

- (a) infundibulum
- (b) interstitial portion
- (c) isthmus
- (d) None of the above

1.8 Constipation during pregnancy is caused by the effect of

- (a) Oestrogen
- (b) Relaxin
- (c) Progesterone
- (d) Progesterone and oestrogen

1.9 The fetus develops from

- (a) the trophoblast
- (b) the inner cell mass
- (c) the syncytiotrophoblast
- (d) none of the above

1.10 All abdominal examination of the pregnant woman should include

- (a) Inspection, palpation and tapping
- (b) Palpation only
- (c) Palpation and auscultation
- (d) Inspection, palpation and auscultation

1.11 The fetal sac protects the fetus against ascending bacterial infection and consists of the

- (a) amnion
- (b) amnion and chorion
- (c) chorion
- (d) None of the above

1.12 The functions of the placenta include but are not limited to:-

- (a) growth and free movement of the fetus in utero
- (b) protection of the umbilical cord from collapsing
- (c) provision of small amounts of nutrients to the fetus
- (d) provision of nutrients and respiratory functions for the fetus

1.13 Diagnosis of pregnancy can only be confirmed by:-

- (a) Presumptive signs
- (b) Ultrasound scan and X-ray at 20 weeks of gestation
- (c) Ultrasound scan and urinalysis
- (d) None of the above

1.14 The following structures are important for fetal circulation to occur

- (a) Umbilical vein, ducts venosus and foramen ovale
- (b) Hypogastric arteries and the ductus arteriosus
- (c) Foramen ovale
- (d) All the above

1.15 Important landmarks on the pelvic brim include:-

- (a) the ischial spines
- (b) the promontory of the sacrum
- (c) the symphysis pubis
- (d) The sciatic notch

1.16 When the fetus presents by the head, the lie is:-

- (a) transverse
- (b) longitudinal
- (c) vertex
- (d) cephalic

1.17 Most couples are advised to stop indulging in sexual intercourse during pregnancy when the gestational age is:-

- (a) 25 weeks
- (b) 38 weeks
- (c) 40 weeks
- (d) None of the above

1.18 Morning sickness is also called nausea and vomiting and commonly occurs in pregnancy between

- (a) 2-8 weeks of gestation
- (b) 10-12 weeks of gestation
- (c) 4- 16 weeks of gestation
- (d) 4- 20 weeks of gestation

1.19 Pica is a minor disorder of pregnancy of the:-

- (a) gastrointestinal system
- (b) respiratory system
- (c) renal system
- (d) None of the above

1.20 Pelvic congestion in pregnancy makes the following conditions worse:-

- (a) morning sickness
- (b) backache
- (c) Varicosities
- (d) None of the above

1.21 The following are minor disorders in pregnancy

- (a) vaginal bleeding
- (b) reduced fetal movements
- (c) maternal anxiety for whatever reason
- (d) None of the above

1.22 Preconception care assessment includes but is not limited to:-

- (a) identification of conditions relating to risk
- (b) assessing for risks of complications during pregnancy
- (c) linking risk assessment to health promotion activities
- (d) All the above

1.23 Obtaining past obstetric history about the client may assist the midwife to

- (a) assess for possible progress in the antenatal period
- (b) assess the pelvic capacity of the woman
- (c) predict the likely outcome of the current pregnancy
- (d) None of the above

1.24 All pregnant women who attend antenatal care have an abdominal examination done to

- (a) assess maternal weight gain
- (b) assess the fetal condition at birth
- (c) check the fetal heart rate
- (d) None of the above

1.25 When palpating the pelvic region of a pregnant woman the aim is to determine:-

- (a) the presentation of the fetus
- (b) the position of the fetus
- (c) which part of the fetus is occupying the fundus
- (d) the size of the fetus

SECTION B

The following passage contains information which will assist you to answer questions 2 and 3. Both questions carry equal marks. Read the passage carefully before you attempt to answer the questions.

Mrs X is 25 years old Para 1 Gravida 3. Her child is aged 7 years old. Mrs X presents at the Mbabane Public Health Unit (PHU) at 12 weeks gestation. Mrs X gives a history of vomiting every morning since 6 weeks of pregnancy. Her legs show slight oedema. Mrs X is also living with HIV. Her blood pressure is 120/80mmHg on two consecutive readings. She has presented at the Mbabane PHU for her usual antenatal visit. You are the midwife on duty.

QUESTION 2

- 2.1 What is the possible cause of the oedema? (2 marks)
- 2.2 Explain the health education, you as a midwife will give Mrs X as regards oedema. (5 marks)
- 2.3 Briefly explain how many weeks you will give Mrs X for the return visit. (4 marks)
- 2.4 Explain how Nevirapine is used in preventing mother to child transmission (PMTCT) of HIV infection (Swaziland guidelines). (6 Marks)
- 2.5 What advice will you give Mrs X about HIV infection (discuss 8points)? (8 marks)

[25 marks]

QUESTION 3

- 3.1 List three hormones which may be attributed to the nausea and vomiting Mrs X is experiencing? (3 marks)
- 3.2 Is Mrs X at risk? Explain your answer. (4marks)
- 3.3 Describe four (4) other minor disorders of the digestive system which Mrs X is likely to present with in pregnancy. (8 marks)
- 3.4 Explain the obstetric history (five points) which will assist you in determining the place of delivery for Mrs Dlamini. (10 marks)

[25 marks]