

UNIVERSITY OF SWAZILAND

FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION PAPER (FIRST SEMESTER) DECEMBER 2009

COURSE CODE : MID 130

COURSE TITLE : COMMUNITY MIDWIFERY

TIME ALLOWED: 2 HOURS

MARKS ALLOCATED: 75

INSTRUCTIONS:

- 1) ANSWER ALL QUESTIONS CONTAINED IN SECTION A**
- 2) ANSWER ANY TWO QUESTIONS CONTAINED IN SECTION B**
- 3) ANSWER EACH QUESTION ON A SEPARATE PAGE**
- 4) FIGURES IN BRACKETS INDICATE MARKS ALLOCATED TO EACH OR PART OF A QUESTION.**

DO NOT OPEN THIS PAPER UNTIL PERMISSION HAS BEEN GRANTED BY THE INVIGILATOR.

QUESTION 1: MULTIPLE CHOICE QUESTIONS: (COMPULSORY)

INSTRUCTIONS:

Write down the number of the question and the letter indicating the correct answer. For example: 1.C in your answer sheet.

1. The IUCD is the best choice for a woman who:

- a. has painful menstrual periods
- b. has AIDS and is not on ARV therapy
- c. has heavy menstrual flow and anaemia
- d. wants many years of contraceptive protection

2. Which of the following is true about IUCD?

- a. The IUCD itself does not increase the risk of pelvic infection
- b. The IUCD must be removed if a pelvic infection occurs
- c. The IUCD prevents pregnancy by destroying the fertilised egg
- d. The IUCD may never be used in women who are HIV –infected

3. When taking a history from a prospective IUCD client, questions should include:

- a. menstruation history, parity and previous STIs or pelvic infections
- b. whether a partner has current penile discharge
- c. All of the above

4. Pelvic examination must be included in the examination of a prospective IUCD client to:

- a. collect specimen for PAP smear
- b. Determine the shape, position, size and consistency of the uterus
- c. Routinely collect specimens for wet mount
- d. Check for adnexal mass

5. One of the few conditions that contraindicate IUCD insertion is:

- a. presence of trichomoniasis or monilia
- b. current case of PID
- c. PID that was treated 2 months ago
- d. Woman who is HIV positive.

- 6. Which infant should receive a pre-school health card?**
- a. All infants
 - b. Only infants born in hospital;
 - c. Only infants who have problems with the perinatal period
 - d. Only infants whose mothers cannot regularly attend the clinic
- 7. How can a breast feeding mother in the community improve her milk supply?**
- a. By feeding the infant frequently
 - b. By schedule feeding every 4 hours
 - c. By drinking a lot of milk
 - d. By drinking a lot of coffee
- 8. During your home visits in the community you find a breast feeding woman who has delivered with cracked nipples, which of the following is the appropriate advice to give to this woman?**
- a. To stop breast feeding and give formula feeds
 - b. Apply antiseptic cream to the nipples
 - c. Give the mother daily penicillin
 - d. Allow some colostrum or hind milk to dry on the nipples after each feed.
- 9. Tetanus presents with:**
- a) Paralysis
 - b) Purpura
 - c) Muscle spasm
 - d) A distended abdomen
- 10. If a bottle fed infant in the community has oral thrush, the bottle should be:**
- a. Boiled
 - b. Soaked in soapy water
 - c. Thrown away after each feed
 - d. Washed with tap water
- 11. The bereavement process:**
- a. Is normal
 - b. Is not experienced by well educated people
 - c. Is only seen in very emotional people

- d. Should be prevented if possible to help the family members to get over the death of their relatives

12. What is usually the first stage in the bereavement process?

- a. Anger
- b. Denial
- c. Depression
- d. Bargaining

13. A gay couple is raising the son of one of the men. The midwife caring for this family should recognise that:

- a. The son has an increased likelihood of being gay himself
- b. Research indicates that children of homosexual parents appear to grow and thrive as well as children in heterosexual families
- c. The son will have difficulties developing a sexual relationship with a female partner
- d. The gay and lesbian family form is common in Swaziland

14. When palpating the small breast of a young slender woman, the midwife should:

- a) Wear sterile gloves
- b) Lift hands when moving from one segment of the breast to another
- c) Use both hands
- d) Follow a systematic, overlapping pattern

15. A midwife instructed a female client regarding self-examination of external genitalia. Which of the statements made by the client will require further instruction? I will:

- a) Perform this examination at least once a month especially if I change sexual partner or am sexually active.
- b) Become familiar with how my genitalia look and feel so that I will be able to detect changes.
- c) Use the examination to determine when I should get medications at the pharmacy for yeast infections
- d) Wash my hands thoroughly before and after I examine myself

16. A midwife is going to perform a pelvic examination on a female client. Which of the following nursing actions would be least effective in enhancing the client's comfort and relaxation during the examination?

- a) Encourage the client to ask questions and express feelings and concerns before and after the examination
- b) Ask the client questions and express feelings and concerns before and after the examination
- c) Allow the client to keep her shoes and socks on when placing her feet in the stirrups

- d) Instruct the client to place her hands over diaphragm and take deep, slow breaths

17. When assessing women, it is important for the midwife to keep in mind the possibility that they are victims of violence: The midwife should:

- a. Use an abuse assessment screen during the assessment of every woman.
- b. Recognise that abuse rarely occurs during pregnancy
- c. Assess a woman's legs and back as the most commonly injured areas.
- d. Notify the police immediately if abuse is suspected

18. Which of the following statements is most accurate regarding persons who should participate in preconception counselling?

- a) All women and their partners as they preparing parenthood.
- b) All women during their child bearing years
- c) Sexually active women who do not use birth control
- d) Women with chronic illness such as diabetes who are planning to get pregnant

19. Men who are likely to abuse their female partners often exhibit:

- a) Low self-esteem
- b) High degree of assertiveness
- c) Ability to express feelings verbally
- d) Lack of interest in spending time with the partner that they are abusing

20. A midwife caring for pregnant women needs to be aware that physical abuse during pregnancy can result in:

- a) Excessive weight gain as a result of the inappropriate intake of food to reduce stress
- b) Use of alcohol or tobacco as a means of coping
- c) Post-term pregnancy
- d) Pregnancy induced hypertension

21. Which of the following women is most likely to seek assistance when battered?

- a) Woman with a career
- b) Woman battered for the first time
- c) Woman who as a child saw her mother being abused by her father
- d) Woman who has been abused herself

22. After being raped a woman often progresses through three stages of the rape-trauma syndrome. A characteristic behaviour of the outward adjustment phase would be:

- a) Rapid mood swings
- b) Desire to discuss the rape with someone
- c) Efforts to ensure personal safety including buying a gun
- d) Nightmares and eating disorders

23. Infections of the female mid-reproductive tract are dangerous primarily because these infections:

- a) Are asymptomatic
- b) Cause infertility
- c) Lead to pelvic inflammatory diseases
- d) Are difficult to treat effectively

24. A finding associated with human papilloma-virus (HPV) infection would include which of the following?

- a) White curd like adherent discharge
- b) Soft papillary swelling occurring singly or in clusters
- c) Vesicles progressing to pustules and then to ulcers
- d) Yellow to green frothy malodorous discharge

25. A recommended medication effective in the treatment of vulvo-vaginal candidiasis would be:

- a) Metronidazole
- b) Clotrimazole
- c) Penicillin
- d) Acyclovir

26. When providing a woman recovering from primary herpes, which information regarding the recurrence of herpes infection of the genital tract should the midwife tell her?

- a. Fever and flu like symptoms will precede a recurrent infection
- b. Little can be done to control the recurrence of infection
- c. Transmission of the virus is only possible when lesions are open draining
- d. Itching and tingling often occurs prior to the appearance of vesicle

27. A single young adult woman received instruction from the midwife regarding the use of an oral contraceptive. The woman would demonstrate a need for further instruction if she:

- a) Stops asking her sexual partners to use condoms with spermicide
- b) Enrols in a smoking cessation programs
- c) Takes a pill every morning
- d) Uses a barrier method of birth control if she misses two or more pills

28. A woman with an IUD should confirm its placement by checking the IUD's string:

- a) Before each menstrual cycle
- b) After intercourse
- c) At the time of ovulation
- d) During menstrual bleeding

29. Lifestyle and sexual practices can affect fertility. Which of the following practices could enhance a couple's ability to conceive?

- a) Male wears boxer shorts instead of briefs
- b) Female assumes a supine position with hips elevated for 1 hour after intercourse
- c) Couple only uses water soluble lubricants if needed during intercourse
- d) Male relaxes in a hot tub every day after work

30. A pregnant woman at 10 weeks gestation exhibits the following signs of pregnancy during a routine prenatal check-up. Which one would be categorized as a probable sign of pregnancy?

- a. Human chorionic gonadotropin in the uterus
- b. Breast tenderness
- c. Morning sickness
- d. Fetal heart sounds

TOTAL.....[30 MARKS]

SECTION B.

INSTRUCTIONS: ANSWER ANY TWO QUESTION FROM THIS SECTION

QUESTION 1.

Thembisile Dlamini has delivered at home in one community, and you as a midwife working in one of the clinics in this community; you are called to attend to this woman and her baby at home. What advice would you as a community midwife give to this family regarding care of the baby in the early postnatal period?.....[25 Marks]

QUESTION 2.

A. A community midwife during her community visits comes across a woman who has two children and the youngest child is one month old. During their postnatal discussions, the woman is not sure when is it appropriate for her to start engaging in sexual activity after the birth of her baby. As a community midwife, what advice would you give to this woman on return to sexual activity and fertility?.....[18 Marks]

B. After the woman is clear about when to engage in sexual activity after the birth of her baby, the midwife then discuss the different types of available family planning methods. Clearly state the health benefits of birth spacing and family planning that the midwife will discuss with the woman.....[7 Marks]

TOTAL[25 MARKS]

QUESTION 3.

2 young women, Thobeka and Phumzile visit your health facility for the first time. They are both pregnant for the first time and have no experience in infant feeding. They are not sure on how they want to feed their infants when they are finally born

- A. What is the first major step you should take before they make their decisions...(1)
 - B. It later turns out that Phumzile is HIV negative. What advice would you give to Phumzile in terms of feeding her baby from birth to 24 months.....[3]
 - C. What advice would you give for production of more breast milk.....[1]
 - D. Unfortunately, Thobeka turned out to be HIV positive. What counselling/advice would you give her interms of feeding her baby from birth to 24 months? Assume she does not meet AFASS.....[5]
 - E. At 6 weeks, Thobeka’s baby will be tested for DNA-PCR. How should the result influence Thobeka’s infant feeding choice.....[2]
 - F. Using an example of 20 babies being born by 20 HIV positive mothers, explain to Thobeka, the risk of her baby getting HIV without any intervention.....[3]
 - G. List 3 measures that you could offer Thobeka to reduce the risk of transmission. Take into consideration the interventions before birth, at Birth and after birth..[3]
 - H. Explain the oxytocin and the prolactin reflexes.....[6]
- TOTAL..... [25 MARKS]**