

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
MAIN EXAMINATION QUESTION PAPER, DECEMBER 2011.

COURSE: NORMAL MIDWIFERY 1

COURSE CODE: MID 110

TIME ALLOWED: TWO (2) HOURS

TOTAL MARKS: 75

INSTRUCTIONS

1. ANSWER **THREE (3)** QUESTIONS ONLY
2. QUESTION **ONE (1) IS COMPULSORY**
3. ALL QUESTIONS CARRY EQUAL MARKS
4. READ THE QUESTION CAREFULLY
5. FIGURES IN BRACKETS INDICATE MARKS ALLOCATED TO A QUESTION OR PART OF A QUESTION.

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NORMAL MIDWIFERY 1 (MID 110)

MAIN EXAMINATION QUESTION PAPER; DECEMEBR 2011

QUESTION 1

Indicate the most appropriate response e.g. 1.26 D. Each correct response carries one mark.

1.1 The following is true about iron metabolism in pregnancy.

- a) Most of the iron is transported in the second trimester.
- b) Iron is mostly needed during the first trimester.
- c) Most of the iron is transported to the foetus in the third trimester.
- d) None of the above.

1.2 Haemodilution leads to a low total serum protein content within thetrimester.

- a) Second trimester
- b) First trimester
- c) Third trimester
- d) Initial stages of pregnancy.

1.3 During pregnancy there may be markedin potassium excretion.

- a) Decrease
- b) Increase
- c) Slight decrease then increase as pregnancy advances.
- d) None of the above.

1.4 Fear in pregnancy is common mainly because of

- a) Imagination.
- b) Possible death during the process of childbirth.
- c) Fear of the unknown.
- d) All the above.

1.5 The following are regions of the fetal skull except the

- a) Posterior fontanelle
- b) Face
- c) Vertex
- d) Sinciput

- 1.6 The following is true about wearing high heeled shoes in pregnancy.
- a) Provide pride for the woman.
 - b) Is always recommended.
 - c) May cause strain on the sacroiliac ligaments.
 - d) All the above.
- 1.7 The average weight gain during the duration of pregnancy iskilograms.
- a) 10-11
 - b) 9-12
 - c) 11-12
 - d) 14-16
- 1.8 The following is /are the most common infection(s) during a normal pregnancy occurring partly due to physiological changes in pregnancy.
- a) Gonorrhoea
 - b) Syphilis
 - c) Genital warts.
 - d) Urinary tract infection.
- 1.9 The following are some of the characteristics of the gynaecoid pelvis -
- a) A rounded brim
 - b) Broad well curved sacrum
 - c) Shallow cavity
 - d) All the above.
- 1.10 Some of the functions of the pelvic floor muscles include:
- a) Supports the weight of the pelvic organs
 - b) The muscles support the involuntary control of micturition
 - c) Have no influence on sexual intercourse
 - d) All the above.
- 1.11 Fertilisation occurs in the
- a) Uterus
 - b) Cervix
 - c) Fallopian tubes.
 - d) None of the above.

- 1.12 Binge alcohol drinking very early in pregnancy may contribute to...
- a) Brain injury in the foetus.
 - b) Hypoxia during pregnancy.
 - c) Malnutrition
 - d) All the above.
- 1.13 The following is true about exercise during pregnancy, women should
- a) start exercises during pregnancy.
 - b) break their previous track record in athletics.
 - c) exercise first thing in the morning.
 - d) continue with previous regular exercise regime in the first trimester.
- 1.14 The following is a natural way of exercise to be maintained during pregnancy.
- a) Swimming
 - b) Working in the garden
 - c) Walking
 - d) Cycling.
- 1.15 Urinary tract infection may occur during pregnancy because of
- a) Lowered resistance of the body to infection
 - b) Stasis of urine
 - c) At times poor hygiene habits
 - d) All the above.
- 1.16 Frequency of micturition during pregnancy occurs as a result of
- a) Growth of the uterus.
 - b) Reduced capacity of the bladder
 - c) Increased glomerular filtration.
 - d) All the above.
- 1.17 The following is true about the uterus by the 12th week of pregnancy.
- a) It is retroverted.
 - b) It is antverted.
 - c) It becomes an abdominal organ.
 - d) It is globular in shape.

- 1.18 The following are some of the indicators of fetal well-being during pregnancy.
- a) Consistent maternal weight gain in association with uterine size and gestational age
 - b) Fetal kicks above 10 over a designated period of 12 hours
 - c) Regular fetal heart rate between 110-160 beats per minute.
 - d) All the above.
- 1.19 Some of the aspects to address during provision of pre-conception include
- a) Wearing high heeled shoes during pregnancy
 - b) Genetic counselling
 - c) Drugs used to manage the third stage of labour
 - d) All the above.
- 1.20 Some of the risk factors during pregnancy include:-
- a) Proteinuria
 - b) Vaginal bleeding
 - c) Uterine size consistent with gestational age
 - d) All the above.
- 1.21 Blood Pressure reaches its lowest level during pregnancy during thetrimester.
- a) Third trimester
 - b) Second trimester
 - c) Early first trimester
 - d) First trimester.
- 1.22 Heartburn in pregnancy occurs as a result of
- a) reduction of gastric and intestinal tone
 - b) reduced gastric emptying
 - c) increased intragastric pressure
 - d) All the above.

- 1.23 The following structure(s) of the pelvic outlet is/ are of obstetric significance when performing pelvic assessment
- a) Ischial spines
 - b) Promontory of the sacrum
 - c) Alae of the sacrum
 - d) All the above.
- 1.24 Fundal palpation is performed in order to:-
- a) Confirm the presenting part
 - b) Determine the lie
 - c) Confirm what is occupying the fundus
 - d) All the above.
- 1.25 One of the roles and responsibilities of the midwife is
- a) care and support of the individual and her family
 - b) supervision of community members on home deliveries
 - c) educating communities on management of home deliveries
 - d) All the above.

QUESTION 2

All the questions that follow relate to the following scenario, so read the scenario/passage carefully before attempting to answer the questions.

Sibo Sithole is Para 2 Gravida 3. Both her children are alive and well. Sibho presents at Mbabane PHU at 11 weeks gestation with history of frequency in micturition and nausea and vomiting.

2.1 Explain the likely cause of frequency in micturition? (3 marks)

2.2 Explain the likely cause of the nausea and vomiting? (3 marks)

2.3 Describe how you as a midwife will manage Sibho as regards nausea and vomiting? (13marks).

2.4. What advice will you as midwife give to Sibho as regards frequency in micturition in early pregnancy? (6 marks)

[25 marks]

QUESTION 3

The female gynaecoid pelvis is specially designed to allow for normal delivery of a normal sized baby.

3.1 Describe the true pelvis of the female gynaecoid pelvis. Explain the obstetric landmarks and their significance during childbirth. (15 marks).

3.2 Describe the extra structures in the fetal circulation and their functions. (10 marks).

[25marks]

QUESTION 4

Pregnancy is a normal developmental process and the physiological changes which occur in pregnancy are mainly due to the effect of hormones.

4.1 Describe the physiological changes which take place in the cardiovascular system during pregnancy. (15 marks).

Monitoring fetal condition during pregnancy is one of the midwife's responsibilities.

4.2. Describe how you as a midwife will monitor the condition of the fetus during pregnancy? (10 marks).

[25marks]