

**UNIVERSITY OF SWAZILAND  
FACULTY OF HEALTH SCIENCES  
DEPARTMENT OF GENERAL NURSING  
MAIN EXAMINATION PAPER – DECEMBER 2011**

<b>COURSE CODE</b>	<b>NUR 316</b>
<b>COURSE TITLE</b>	<b>MATERNAL HEALTH PROMOTION</b>
<b>PROGRAMME</b>	<b>GENERAL NURSING SCIENCE</b>
<b>STUDENTS</b>	<b>GENERAL NURSING</b>
<b>YEAR OF STUDY</b>	<b>THIRD (3<sup>rd</sup>)</b>
<b>DURATION</b>	<b>TWO HOURS (2)</b>
<b>No. of QUESTIONS</b>	<b>THREE (3)</b>
<b>MARKS ALLOCATED</b>	<b>SEVENTY-FIVE (75)</b>
<b>No. of STUDENTS</b>	<b>FOURTY-EIGHT (48)</b>

**INSTRUCTIONS:**

- 1. THIS EXAMINATION HAS EIGHT PAGES.**
- 2. ANSWER ALL THREE QUESTIONS.**
- 3. READ THOUGHTFULLY EACH QUESTION.**
- 4. WRITE LEGIBLY.**
- 5. FIGURES IN BRACKETS REPERESENT MARKS ALLOCATED PER QUESTION OR A PART THEREOF.**

**DO NOT TURN OVER THE PAGE UNTIL PERMISSION HAS BEEN GIVEN BY  
THE CHIEF INVIGILATOR**

## Question 1

### INSTRUCTION

Select the most appropriate answer for each multiple choice question and write it in your answer booklet using UPPERCASE. Example: 1.1 = A, 1.2 = D and so forth

- 1.1 Which of the following pregnant women may NOT be classified as being at high risk? The
- a. 59 year-old market woman.
  - b. 49 year old school teacher.
  - c. 39 year old shop assistant.
  - d. 19 year old university student.
- 1.2 If Zinhle's last menstrual period (LM) was on 22.05.2011, her estimated date of delivery (EDD) will be on
- a. 29.01.2012.
  - b. 29.02.2012.
  - c. 29.03.201 2
  - d. 22.04.2012.
- 1.3 The first day of one's menstrual cycle is counted from the
- a. last day of menstruation.
  - b. the middle of the month
  - c. first day of menstruation.
  - c. day of ovulation.
- 1.4 In which stage of the cycle of violence does the perpetrator show remorse? The stage of
- a. tension building. .
  - b. calm.
  - c. battery.
  - d. All the above.
- 1.5 Which one of the following family planning methods has a relatively low Pearl Index?
- a. Male condom.
  - b. Intra uterine contraceptive device.
  - c. Norplant implant.
  - d. Combined oral contraceptive pills.
- 1.6 How many tablets does the progesterone only pill packet contain?
- a. Twenty-one tablets.
  - b. Twenty-eight tablets.
  - c. Thirty tablets.
  - d. Thirty-five tablets.

- 1.7 How many times must a man ejaculate post vasectomy in order to be declared sterile?
- Twenty times.
  - Thirty times.
  - Forty times. .
  - None of the above.
- 1.8. The following are non-contraceptive benefits of NET-EN EXCEPT
- prevention of anaemia.
  - relief from dysmenorrhoea.
  - galactorrhoea.
  - leukorrhoea.
- 1.9 Which of the following hormones is/are secreted in abundance during the post ovulatory phase?
- luteinizing hormone.
  - eostrogen.
  - progesterone.
  - all the above.
- 1.10 The following are non contraceptive benefit of the male condom method EXCEPT.
- relief from dyspareunia.
  - relief from dysmenorrhoea.
  - prevention of sexually transmitted infections.
  - prevention of anaphylactic shock.
- 1.11 The menstrual cycle is maintained by the mechanism known as circulatory
- positive feedback.
  - negative feedback.
  - neutral feedback.
  - menstruation feedback.
- 1.12 User effectiveness of combined oral contraception may be affected or influenced by
- the developmental stage of the client. .
  - the expertise of the nurse in FP method knowledge.
  - the family planning method itself.
  - all the above.
- 1.13 In which trimester of pregnancy should tetanus toxoid be administered?
- second trimester.
  - first trimester.
  - third trimester.
  - all the above.

1.14 Within the context of family planning, the acronym ACHES is associated with

- progesterone only pills. .
- combined oral contraception.
- vasectomy.
- nuristerate-enanthate (NET-EN).

1.15 Post ejaculation, sperms can survive in the female reproductive tract for

- three hours.
- three days.
- three weeks.
- three months.

1.16 The following are the warning signals of IUCD method of FP EXCEPT

- missed or delayed period.
- fever and chills
- severe headaches.
- frequency of micturition.

1.17 Post insertion, the effectiveness of Cu-T 380 lasts for approximately

- 1 - 2 years.
- 2 - 3 years.
- 3 - 4 years.
- 4 - 5 years.

1.18 New clients who wish to use combined oral contraception are given

- Standard dose combined oral pills.
- High dose combined oral pills.
- Low dose combined oral pills.
- Mixed dose pills.

1.19 The most common type of family in Swaziland is

- the extended family.
- the child-headed family.
- the grandparent headed family.
- all the above.

1.20 The most appropriate timing for changing from progesterone only pills to combined oral contraceptive pills for a lactating mother is when the baby is

- 6 weeks old.
- 12 weeks old. .
- 16 weeks old.
- 20 weeks old. .

1.21 Which of the following are associated with gender-based violence?

- a. Poverty.
- b. Patriarchy.
- c. Educational level.
- d. All the above.

1.22 The following are contra-indications of combined oral pills EXCEPT

- a. haemorrhoids. .
- b. deep vein thrombosis.
- c. fever.
- d. jaundice. .

1.23 Investigations for delayed or absence of menarche are generally commenced when the young woman has celebrated her

- a. 20<sup>th</sup> birthday.
- b. 13<sup>th</sup> birthday..
- c. 15<sup>th</sup> birthday.
- d. 18<sup>th</sup> birthday.

1.24 The unit of measure of maternal mortality is

- a. per 100 live births.
- b. per 1000 live births.
- c. per 10,000 live births.
- d. per 100,000 live births.

1.25 The following are warning signals of combined oral pill FP method, EXCEPT

- a. Severe pain in the abdomen.
- b. Severe pain in the calf muscles.
- c. Severe pain in the head.
- d. Severe pain upon micturition.

1.26 The following are signs of onset of true labour EXCEPT

- a. ruptured of membranes.
- b. show.
- c. onset of weak but painful regular contractions.
- d. acute persistent pain in the lumbar region.

1.27 Tetanus toxoid dose three is administered .

- a. thirty days after the second dose.
- b. six weeks after the second dose.
- c. six months after the second dose.
- d. twelve months after the second dose.

- 1.28 A woman who has delivered within the past 24 hours should be discharging
- lochia serosa.
  - lochia rubra.
  - lochia albicans.
  - lochia negra.
- 1.29 The uterus returns to almost its pre-gravid state through the process of
- involution.
  - evolution.
  - revolution.
  - devolution.
- 1.30 The newly delivered woman wishing to nurse her baby may be prescribed
- micronor tablets.
  - Cu-T.
  - Nuristerate enanthate injection. .
  - all the above.
- 1.31 The following are benefits of cervical mucous method of family planning EXCEPT
- contracting of sexually transmitted infections.
  - male involvement.
  - non interference with lactation.
  - non systemic.
- 1.32 A pregnant woman may be commenced on antiretroviral therapy (ART) from the time her pregnancy is
- 8 weeks old...
  - 14 weeks old..
  - 28 weeks old.
  - 40 weeks old.
- 1.33 Which PMTCT strategy addresses a woman who falls pregnant when she is HIV positive? The
- fourth strategy.
  - third strategy.
  - second strategy.
  - first strategy.
- 1.34 An individual's HIV status is confirmed through
- HIV antibody detection.
  - viral load estimation.
  - CD4 count.
  - erythrocyte sedimentation rate estimation.

1.35 In addition to counselling and testing for HIV in a pregnant women, she should be screened for

- a. tuberculosis.
- b. malaria.
- c. haemoglobin.
- d. all the above.

1.36 A woman who chooses injectable family planning method is likely to experience

- a. cessation of menses.
- b. spotting from time to time.
- c. excessive menstrual bleeding.
- d. all the above.

1.37 Which aspect of the pituitary gland is involved in the menstrual cycle?

- a. the middle lobe.
- b. the anterior lobe.
- c. the posterior lobe.
- d. the lateral aspect.

1.38 The following are warning signals for combined oral contraception EXCEPT

- a. Severe pain in the abdomen.
- b. Severe pain in the calf muscles.
- c. Severe pain in the head.
- d. Severe pain upon micturition.

1.39 Which of the following is a non-contraceptive benefit of the intra uterine contraceptive device family planning method?

- a. galactorrhoea.
- b. leukorrhoea.
- c. seborrhoea.
- d. lubrication.

1.40 What action should the woman using combined oral contraceptive pills take in the event that she forgets to swallow the tablet the previous night? She ought to

- a. abandon the rest of the packet, abstain and wait for her next menstrual period.
- b. swallow the forgotten pill as soon as she remembered and use a back up method.
- c. finish up the packet by swallowing two tablets each time.
- d. swallow the forgotten pill as soon as remembered and continue with the other pills as usual.

[40 points]

**Question 2**

The programme, prevention of mother to child transmission (PMTCT) in Swaziland has been integrated in antenatal care/activities because of the high HIV infection prevalence among pregnant women.

- 2.1 List any four ways through which a pregnant woman who is HIV positive may infect her unborn child. (1x4=4)
- 2.2 Outline any six topics of health education for self-care you would plan for the pregnant woman who is HIV positive (1x6=6) **[10 points]**

**Question 3**

Gender-based violence is common practice in the Swazi society.

- 3.1 Define gender-based violence (2)
- 3.2 Formulate a potential nursing diagnosis of a woman who regularly experiences gender-based violence. (2)
- 3.3 Describe any three causes of gender-based violence in Swaziland (2x3=6)
- 3.4 Give an outline of the three phases of the cycles of violence. (1x3=3)
- 3.5 Describe any three effects of gender-based violence on the victim (2x3=6)
- 3.6 Discuss, in brief, any three ways/strategies you would use to lower gcurb gender-based violence within families in the Kingdom of Swaziland. (2x3=6)

**[25 points]**