

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
FINAL EXAMINATION PAPER: MAY, 2013

TITLE OF PAPER : **COMMUNITY MIDWIFERY**
COURSE CODE : **MID131**
DURATION : **TWO (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 EACH QUESTION ON A NEW PAGE

THIS PAPER SHOULD NOT BE OPENED UNTIL PERMISSION IS GRANTED BY THE INVIGILATOR

Question1

Maternal mortality continues to be a major problem in the country as the probability of life being at risk every time a woman is pregnant was estimated to be 1 in 69 in 2003. In this regard maternal mortality trends show that maternal mortality increased from 229 per 100, 000 live births in 1997 to 370 per 100,000 live births in 2006 (Swaziland Demographic Health Survey, 2007).

2.1 List the causes of maternal mortality in Swaziland. **(10marks)**

2.2 What strategies can be employed at the individual, community and national level to reduce maternal mortality rate in Swaziland? **(15marks)**

TOTAL MARKS = 25

Question 2

Postpartum depression is moderate to severe depression in a woman after she has given birth. It may occur soon after delivery or up to a year later. Most of the time, it occurs within the first 3 months after delivery.

3.1 As a midwife outline how you can diagnose a woman with Postpartum Depression from history taking. **(5 marks)**

3.2 Discuss the signs and symptoms of Postpartum Depression. **(15 marks)**

3.3 What advice can you give women and their families as prevention of Postpartum Depression? **(5 marks)**

TOTAL MARKS = 25

Question 3: Multiple choice

Instruction:

Write down the number of the question and the letter indicating the correct answer, in your answer sheet. For example: 20. B

1. A researcher is interested in knowing the proportion of persons who are exposed to a disease during the outbreak who do become ill. This is the -----
 - A. Prevalence
 - B. Attack rate
 - C. Incidence density
 - D. Point prevalence

2. Fluoridation of water would be an example of -----
 - A. Primary prevention strategy
 - B. Secondary prevention strategy
 - C. Tertiary prevention strategy
 - D. It is not a prevention strategy

3. The reduced effect of a drug after repeated use is known as -----
 - A. Toxicity
 - B. Chronic
 - C. Withdrawal
 - D. Tolerance

4. John who is 15 years old is brought by her parents to your health facility. They complain that he must be mentally disturbed because he tells them he feels he is a female on the inside. What is the term used to describe John?
 - A. Bisexual
 - B. Asexual
 - C. Transsexual
 - D. Hermaphrodite

5. What is the norm forbidding sexual relations or marriage between certain relatives?
 - A. Incest taboo
 - B. Sexual phobia

- C. Pornography
- D. Homophobia

6. A 22-year-old woman comes to see you for help because her father has disowned her and wants her out of his home after she disclosed that she wants to get married to another woman. What is the father's condition?
- A. Heterophobia
 - B. Homophobia
 - C. Sexual phobia
 - D. Asexual phobia
7. Which of the following is **not** one of the eight objectives of the United Nations Millennium Development Goals:
- A. To eradicate extreme poverty and hunger
 - B. To combat HIV/AIDS, Malaria, and other diseases
 - C. To promote internet in schools worldwide
 - D. To ensure environmental stability
8. The double shift refers to women who -----
- A. Are single parents who take on an assertive role in the home but play the submissive role on the job
 - B. Work more than one part-time job outside the home as an employee
 - C. Work full time outside home and also take responsibility of household duties
 - D. Have children to a previous relationship to whom they have responsibility and additional children to their present partner.
9. The perspective on gender inequality based on the assumption that social life is a continuous struggle in which members of powerful groups seek to maintain control of scarce resources such as social, economic, and political superiority is the -----perspective
- A. Conflict
 - B. Structuralist
 - C. Functionalist
 - D. Symbolic interactionist
10. Myra Sadkar and David Sadkar noted that boys often encounter "frozen boundaries" in their socialisation process. By this, they meant that boys -----
- A. Are taught to repress feelings and not to show emotions

- B. Suffer “brain freeze” when confronting situations and do not know how to act.
 - C. Are denied valuable outlets of socialisation in the winter when it becomes too cold to play football, baseball, and other out door sports.
 - D. Lack the natural ability to express themselves articulately.
11. The major reason women are affected by eating problems such as anorexia and bulimia is that women-----
- A. Have a gene that makes them susceptible to contracting these conditions
 - B. Eat too much chocolate, candy, and fast food
 - C. Are bombarded with media images of ideal beauty and physical appearance emphasising thin bodies and full-figures
 - D. Are not sufficiently athletic to burn off the calories they consume.
12. A hierarchical system of social organisation in which cultural, political, and economic structures are controlled by men is called -----
- A. Patriarchy
 - B. An egalitarian society
 - C. Matriarchy
 - D. An androgynous society
13. Which of the following is the first and foremost right of children?
- A. To have basic human needs for food and shelter met
 - B. To have caring relationships
 - C. To be treated with respect and dignity
 - D. To have hope for a brighter future
14. All of the following are underlying causes of children’s behaviour **except** -----
- A. The physical environment
 - B. Special needs
 - C. Basic needs are met
 - D. Cultural differences
15. Bereavement is defined as the -----
- A. Objective event of loss
 - B. Reaction to loss
 - C. Loss of a loved one
 - D. Customary display of grief

16. What is the process by which a bereaved person integrates a loss into his or her on-going life?
- A. Grief
 - B. Mourning
 - C. Bereavement
 - D. Moving on with life
17. A -----has the goal of making the end of life free from pain, anxiety, and depression, and a -----has the goal of curing illness and prolonging life.
- A. Hospital; hospital
 - B. Hospital; hospice
 - C. Hospice; hospital
 - D. Hospice; hospice
18. Regarding widowhood, which of the following statements are **true**?
- A. Men do better in responding to the death of a spouse
 - B. Widowed women are the poorest in most parts of the world
 - C. Men have more social support after death of a spouse
 - D. Younger widows do better than older widows do in responding to the death of a spouse.
19. All of the following are characteristics of anorexia nervosa **except**-----
- A. Fear of gaining weight
 - B. Distorted perception of body size and shape
 - C. Refusal to maintain a body weight that is normal
 - D. Lack of appetite
20. How do the person with bulimia nervosa and the binge-eating/purging type of anorexia differ?
- A. Bulimics are usually of normal weight
 - B. Bulimics experience a breakdown of restraint that leads to eating binges
 - C. Bulimics are not afraid of gaining weight
 - D. Bulimics rarely purge
21. Which of the following consequences of anorexia nervosa can be lethal?
- A. The development of lanugo
 - B. Electrolyte imbalances
 - C. Lack of oxygen to the extremities

D. Thiamine deficiency

22. Which of the following statements about anorexia and bulimia is **false**?

- A. Both anorexia and bulimia are more common on college campuses.
- B. People with bulimia do not have the distorted body image that people with anorexia have
- C. People are more likely to die from anorexia than from bulimia
- D. Both anorexia and bulimia tend to begin in adolescence

23. The foetus receives nourishment primarily through -----

- A. Antibodies
- B. Meconium
- C. The placenta
- D. Amniotic fluid

24. A maternal practice that could be harmful to the foetus is -----

- A. A low carbohydrate diet
- B. Fasting
- C. Smoking
- D. All of the above

25. To produce a healthy infant, the mother should ideally have an adequate diet -----

- A. During the 9 months she carries the infant
- B. During the last trimester when the baby is growing so rapidly
- C. During the second and third trimesters of pregnancy
- D. Beginning months before conception occurs and continuing through the period of lactation

TOTAL MARKS = 25