

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF GENERAL NURSING
MAIN EXAMINATION PAPER – NOVEMBER 2013**

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

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 22.05.2013, her estimated date of delivery (EDD) will be on:

- a. 29.01.2014
- b. 29.02.2014
- c. 29.03.201 4
- d. 22.04.2014

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 Pearle 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?
- 20 times
 - 30 times
 - 40 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
 - oestrogen
 - 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:

- a. progesterone only pills
- b. combined oral contraception
- c. vasectomy
- d. nurosterate-enanthate (NET-EN)

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

- a. three hours
- b. three days
- c. three weeks
- d. three months

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

- a. missed or delayed period
- b. fever and chills
- c. severe headaches
- d. frequency of micturition

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

- a. 1 - 2 years
- b. 2 - 3 years
- c. 3 - 4 years
- d. 4 - 5 years

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

- a. Standard dose combined oral pills
- b. High dose combined oral pills
- c. Low dose combined oral pills
- d. Mixed dose pills

1.19 The most common type of family in Swaziland is:

- a. the extended family
- b. the child-headed family
- c. the grandparent headed family
- d. 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:

- a. 6 weeks old
- b. 12 weeks old
- c. 16 weeks old
- d. 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. 20th birthday
- b. 13th birthday
- c. 15th birthday
- d. 18th 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:
- tuberculosis
 - malaria
 - haemoglobin
 - all the above
- 1.36 A woman who chooses injectable family planning method is likely to experience:
- cessation of menses
 - spotting from time to time
 - excessive menstrual bleeding
 - all the above
- 1.37 Which aspect of the pituitary gland is involved in the menstrual cycle?
- the middle lobe
 - the anterior lobe
 - the posterior lobe
 - the lateral aspect
- 1.38 The following are warning signals for combined oral contraception EXCEPT:
- Severe pain in the abdomen
 - Severe pain in the calf muscles
 - Severe pain in the head
 - Severe pain upon micturition
- 1.39 Which of the following is a non-contraceptive benefit of the intra uterine contraceptive device family planning method?
- galactorrhoea
 - leukorrhoea
 - seborrhoea
 - 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:
- abandon the rest of the packet, abstain and wait for her next menstrual period
 - swallow the forgotten pill as soon as she remembered and use a back up method
 - finish up the packet by swallowing two tablets each time
 - 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. (4)
- 2.2 Outline any six topics of health education for self-care you would plan for the pregnant woman who is HIV positive (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 (6)
- 3.4 Give an outline of the three phases of the cycles of violence. (3)
- 3.5 Describe any three effects of gender-based violence on the victim (6)
- 3.6 Discuss, in brief, any three ways/strategies you would use to lower or curb gender-based violence within families in the Kingdom of Swaziland. (6) **[25 points]**