

# **UNIVERSITY OF SWAZILAND**

**FACULTY OF HEALTH SCIENCES**

**FINAL EXAMINATION PAPER - DECEMBER, 2014**

<b>TITLE OF PAPER</b>	<b>:</b>	<b>COMMUNITY MIDWIFERY</b>
<b>COURSE CODE</b>	<b>:</b>	<b>MID 130</b>
<b>DURATION</b>	<b>:</b>	<b>TWO (2) HOURS</b>
<b>TOTAL MARKS</b>	<b>:</b>	<b>75</b>

**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**

**Question 1: Multiple questions.**

**Answer all questions. Circle the most appropriate answer. Each answer is worth one mark.**

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 one of the following statements 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 inflammatory disease occurs.
  - c) The IUCD prevents pregnancy by destroying the fertilized egg.
  - d) Both a and b are correct
  
3. IUCD insertion is NOT contraindicated in the following:
  - a) Presence of Trichomoniasis or Monilia
  - b) Current case of PID
  - c) PID that was treated 2 months ago
  - d) Woman who is HIV +
  
4. Which of the following measures can a lactating mother follow to improve her milk supply?
  - a) By feeding the infant more frequently.
  - b) By schedule feeding every 4 hours
  - c) By drinking a lot of milk
  - d) By drinking a lot of herbal tea
  
5. During your home visits in the community you find a lactating woman with cracked nipples. Which one of the following is the appropriate advice to give this woman?
  - a) To stop breast feeding and give formula feeding
  - b) Apply antiseptic cream to the nipples
  - c) Give mother daily Penicillin
  - d) Allow some colostrum or hind milk to dry on the nipples after each feed.

Which one of the following options is the correct way to clean a formula bottle?
  
6. Which one of the following options is the correct way to clean a formula bottle if a bottle fed baby has oral Candidiasis, the bottle should be:
  - a) Boiled
  - b) Soaked in soapy water
  - c) Thrown away after each feed.
  - d) Washed with tap water

7. When palpating which one of the following techniques should be followed when the small breasts of a young slender woman, are examined the midwife should:
- Wear sterile gloves.
  - Lift hands when moving from one segment to another.
  - Use both hands.
  - Follow a systematic, overlapping pattern
8. Which one of the following groups of women is most likely to seek assistance when battered?
- Women with a career
  - Women battered for the first time
  - Women who as a child saw their mother being abused by their father
  - Women who have been abused themselves.
9. When providing a woman recovering from Primary Herpes, which one of the following health information should be offered to the woman?
- Fever and flue like symptoms will precede a recurrent infection
  - Little can be done to control the recurrence of infection
  - Transmission of the virus is only possible when lesions are open and they drain
  - Itching and tingling often occurs prior to the appearance of vesicles
10. Lifestyle and sexual practices can affect fertility. Which one of the following practices could reduce a couple's ability to conceive?
- Male wears boxer shorts instead of briefs
  - Female assumes a supine position with hips elevated for 1 hour
  - Male relaxes in a hot bath every day after work
  - All the above
11. HIV incidence refers to which one of the following statements?
- The cumulative number of people living with HIV over a specified period.
  - The number of people recently infected with HIV over a specific period.
  - The existence of HIV in defined geographic area over a specific period.
  - The existence of HIV in a defined group over a specific period.
12. HIV prevalence refers to which one of the following statements?
- The cumulative number of people living with HIV over a specific period.
  - The number of people newly infected with HIV of a specific period
  - The existence of HIV in defined geographic area over a specific period
  - The existence of HIV in a defined population group over a specified period.

13. Women are more at risk for HIV infection because of all of the following EXCEPT one:
- a) Biological make-up of their sexual organs.
  - b) Gender roles and expectation.
  - c) They sleep around more than men do.
  - d) Their CD4 cells attract HIV more than that of men.
14. A female condom cannot be used at the same time as a male condom which one of the following is the reason for this advice? Because:
- a) Friction may cause them to break.
  - b) It is a man's responsibility to wear a condom during sex.
  - c) It is bad luck to use two condoms
  - d) All of the above are correct.
15. After sex when should condoms be taken off the penis? Which one of the following options is the correct time to remove the condom from the penis after sexual intercourse?
- a) Soon after ejaculation, before the penis goes soft.
  - b) At least an hour later'
  - c) As soon as the penis is no longer erect.
  - d) A & C

Scenario: Relates to questions 16 & 17.

La Vilakati, 28 years old, has an IUCD in situ for the past 4 years. She has decided to have it removed and is consulting the midwife about alternatives for birth control:

16. Which one of the following conditions would contraindicate the use of oral contraceptives?
- a) Dysmenorrhea
  - b) Diabetes mellitus
  - c) Hypertension
  - d) Pelvic inflammatory disease.
17. La Vilakati explains that she has multiple sex partners. She wants to know if she will be protected from getting infected with HIV and/or Venereal diseases. The midwife's best response would be which one of the following?
- a) Limiting your sexual contacts is the best option.
  - b) Research shows that many sexually transmitted diseases are prevented by continued use of the diaphragm
  - c) The use of condom by the male partner is a good form of protection.
  - d) Diaphragm may actually increase the risk of HIV and Venereal Disease.

18. Which one of the following actions would be least effective in enhancing the client's comfort and relaxation during a pelvic examination?
- a) Encourage the client to ask questions and express feelings and concerns before and after examination.
  - b) Ask the client questions and express feelings and concerns before and after 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.
19. Which one of the following options makes infections of the female mid-reproductive tract risky:
- a) Are asymptomatic.
  - b) Cause infertility
  - c) Leads to pelvic inflammatory diseases.
  - d) Are difficult to treat effectively
20. Which one of the following medication is recommended because of its effectiveness in the treatment of vulvo-vaginal candidiasis?
- a) Metronidazole
  - b) Clotrimazole
  - c) Penicillin
  - d) Acyclovir
21. A pregnant woman at 10 weeks gestation exhibits the following signs of pregnancy during a routine prenatal check-up, which one would be a PROBABLE sign of pregnancy?
- a) Human Chorionic Gonadotropin in the uterus
  - b) Breast tenderness
  - c) Morning sickness
  - d) Fetal heart sounds
22. Which of the following are important issues to consider when planning for a clinic for women and children?
- a) Number of women of child bearing age within the community
  - b) Number of children within the community
  - c) Density of the homesteads
  - d) All of the above

23. Which one of the following options refer to the main focus of the safe motherhood initiative?
- a) The prevention of unwanted pregnancy
  - b) Management of pregnancy and childbirth by skilled attendant.
  - c) Women having access to emergency care when complications arise.
  - d) All the above.
24. Pregnant women have needs which midwives should meet, so the community pre-natal program should ideally be based on:
- a) Specific needs as identified through data collection and client input.
  - b) The growth and development of the population at large.
  - c) The needs of the infants.
  - d) All the above.
25. Identify one of the following statements that best indicates the importance of understanding the gender identity of a community to a professional midwife:
- a) Midwifery care to be culturally sensitive to be effective.
  - b) The Midwifery partnership with communities demands perception of the community's social cultural context.
  - c) Midwifery advocates for gender diverse societies
  - d) Gender confusion hampers Midwifery practice.

Total (25)

## ESSAY QUESTIONS

**Each point is worth 1 mark**

### Question 2

Discuss in detail the socio-cultural practices that affect maternal health in Swaziland in Maternity care services, other daily activities and the home chores in relation to:

- a. Family planning practices (8)
- b. Pregnancy (6)
- c. Labour and (6)
- d. Puerperium (5).

Total (25)

### Question 3.1

You are a Midwife providing community services at Matsanjeni Rural Health Center when Shodi, an adolescent comes to see you and says she thinks she is pregnant and wants to have an abortion.

- a. Explain how you will deal with the situation. (5)
- b. Describe the form of health education you are going to provide Shodi. (5)

Total (10)

### Question 3.2

Swaziland like other countries in the world is still faced with the challenge of gender inequality. One of the important strides the government has taken is to enact the gender policy which will enhance the development of multiple strategies to address gender inequality. Analyse the influence of gender inequalities on the delivery of maternal care in the following settings:

- a. Family (6)
- b. Community (6)
- c. Health care system; specifically in Maternal Health Child Health. (3)

Total (15)

Grand Total (75)