

**UNIVERSITY OF SWAZILAND**  
**FACULTY OF HEALTH SCIENCES**  
**FINAL EXAMINATION PAPER, MAY, 2015**

**TITLE OF PAPER** : **PUERPERIUM WITH COMPLICATIONS**

**COURSE CODE** : **MWF406**

**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**

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**Question 1 (multiple choice)**

**Answer all questions. Circle the most appropriate answer. Each answer is worth 1 mark**

**Scenario 1 (Addresses q1-8)**

Sijabulile is 36 years old, she gave birth 7 days ago to a baby girl with the weight of 3.4kg. She has been diagnosed with Puerperal psychosis and Chlorpromazine has been prescribed. She is breastfeeding and has concerns about taking the drug. The baby is being kept in the nursery and is only brought to the mother for breast feeding every 4 hours. The following questions relate to this scenario.

- 1.1 Puerperal psychosis is
- a) Serious woman's health condition
  - b) Medical emergency
  - c) Obstetric emergency
  - d) All of the above are correct
- 1.2 The onset of Puerperal psychosis is:
- a) Sudden
  - b) If the woman has been physically abused.
  - c) Gradual
  - d) All of the above

- 1.3 Sijabulile has outbursts that are directed to
- a) Significant other
  - b) Baby
  - c) Her own mother
  - d) Her own father

The answer is:

- a) i) and (ii
  - b) ii) and (iii
  - c) i) and (iii
  - d) iii) and (iv
- 1.4 Puerperal psychosis is caused by:
- a) Biological
  - b) Psychological
  - c) Situational
  - d) All of the above
- 1.5 The following are the reasons why it is difficult to diagnose Post Partum Depression EXCEPT
- a) Women with Post Partum Depression do not complain about their condition'
  - b) Women are unlikely to seek help from a mental health care provider
  - c) Women feel happy to be separated from their baby
  - d) Women are reluctant to discuss their symptoms

- 1.6 In order to ascertain safety of the baby, the registered midwife needs to do one of the following:
- Ask the mother directly if she has entertained thoughts of harming the baby.
  - Keep an eye on the mother discreetly
  - Ask the mother's relative to stay with her
  - Take the baby to the nursery for safety.
- 1.7 Which one of the following reasons is she concerned about taking the drug while also breastfeeding is
- The drug will harm the baby.
  - The drug will dry up the milk
  - The drug may cause unnecessary drowsiness such that she might fail to breastfeed.
  - All of the above
- 1.8 Which of the following are risk factors for Post Partum Depression
- Single status
  - Lack of social support
  - Low self esteem
  - All of the above
- 1.9 Which of the following is the correct definition of Postpartum hemorrhage is excessive bleeding from the genital tract:
- From 28 (twenty eight) weeks pregnant till delivery.
  - From 28 (twenty eight) weeks pregnant till one week after delivery
  - From 28 (twenty eight) weeks pregnant till six weeks after delivery
  - From delivery to six weeks after delivery
- 1.10 Normal vaginal bleeding after delivery is which one of the following:
- 200 cc
  - 300 cc
  - 150 cc
  - 100 cc
- 1.11 The registered midwife has to ensure that the uterus is well contracted after delivery by doing all EXCEPT one:
- Rub up a contraction if the uterus is relaxed.
  - Empty the bladder
  - Stop bleeding by packing the uterus with sterile gauze.
  - Examine the placenta and membranes for completeness.
- 1.12 Which one of the following conditions is not a thromboembolic disease:
- Superficial venous thrombosis
  - Renal calculi
  - Deep vein thrombosis
  - Pulmonary embolism
- 1.13 The following are cardinal signs of deep vein thrombosis EXCEPT for one
- Homan's sign
  - Babinski's sign
  - Piskacek's sign
  - Chadwick's sign

- 1.14 The following instruction(s) will be given to the client with deep vein thrombosis
- Not to place the knees in a sharply flexed position.
  - Not to rub the affected area
  - To wear elastic stocking before getting out of bed.
  - All of the above.
- 1.15 Since this patient will be discharged from the hospital while on Heparin, which drug must she be warned against taking?
- Aspirin
  - Myogel
  - Glycerin suppositories
  - Paracetamol
- 1.16 The most common infecting organisms for postpartum infections are:
- Gonococci and Clostridia
  - Staphylococci and coliform
  - Streptococci and anaerobic organism
  - All the above
- 1.17 Prevention of postpartum infection includes:
- Immaculate personal hygiene
  - Good hand washing technique
  - Frequent changing of pads
  - All the above
- 1.18 How can a registered midwife prevent genital fistula? By:
- Provide health education during ante natal care regarding importance of seeking promptly skilled intra natal care.
  - Conduct vaginal examinations every four hours or when necessary
  - Accurately monitor due observations
  - All the above
- 1.19 Women with fistulas are likely to experience which of the following?
- Emotional trauma
  - Social isolation
  - Physical discomfort
  - All the above
- 1.20 The registered midwife will suspect fistula in all these EXCEPT one:
- Sweet smell of deodorant
  - Incontinence of urine and/or feces.
  - The woman verbalizes her problem with incontinence
  - The woman will verbalize stigmatization by family including significant other and friends.

Situation A:

A couple was expecting their first baby. Their joy turned into sadness when suddenly the midwife said she could not hear the fetal heart. The Doctor and midwife were concerned. But the couple did not understand what was going on. Later the Doctor explained to them that it seemed like the baby was no longer alive.

Scenario 2 (Questions 1.21 to 1.25 relate to this scenario). Identify for each one to which phase of the grieving process the statements belong.

- 1.21 "Oh please Lord, if you can return my little Jessica I will take very good care of her "
- a) Acceptance.
  - b) Denial.
  - c) Depression.
  - d) Anger.
  - e) Bargaining.
- 1.22 "Oh no! it cannot be true"
- a) Denial.
  - b) Anger.
  - c) Bargaining.
  - d) Acceptance.
  - e) Depression.
- 1.23 "God gives and He takes away. So let us be thankful for the time we had with her"
- a) Anger.
  - b) Bargaining.
  - c) Acceptance.
  - d) Denial.
  - e) Depression.
- 1.24 Efforts to hold a conversation with Mrs. X resulted in monosyllabic responses of "yes" and "no"
- a) Anger.
  - b) Bargaining.
  - c) Acceptance.
  - d) Denial.
  - e) Depression.
- 1.25 "Why was my angel taken away?"
- a) Denial.
  - b) Depression.
  - c) Anger.
  - d) Bargaining.
  - e) Acceptance.

## ESSAY QUESTIONS

### Question 2

Mandisa delivered baby boy six hours ago when she started bleeding profusely. She collapsed, her blood pressure was 90/60. Her per vaginal blood loss is estimated at 350 ccs. Her pulse is 90 per minute and it is thready. Her respirations are 44 per minute. Her skin feels cold and clammy. The baby is fine.

- 2.1. What actions will you take step by step (8 marks)
- 2.2. What else will you do to help this woman to be monitored? (6 marks)
- 2.3. What must you do for the baby? (6 marks)
- 2.4. Is there anything else that needs to be done to the mother or baby? (5marks)

### Question 3

A 22 years old Martinaz delivered a 4,5 kg baby girl. This was a very difficult delivery with shoulder dystocia. Martinaz states that her vagina feels very traumatized.

- 3.1. Describe how you would do go about finding out what the problem is?(5 marks)
- 3.2. Explain the immediate treatment for the woman (6 marks)
- 3.3. Explain how fistulas in childbearing women can be prevented? (5 marks)
- 3.4. Describe what are the principles of infection control? (9 marks)

Total marks (25)