

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF MIDWIFERY SCIENCE**

FINAL EXAMINATION: DECEMBER 2015

COURSE TITLE: NORMAL PUERPERIUM AND POSTNATAL CARE

COURSE CODE: MID 403

TIME ALLOCATED: 2 HOURS

MARKS ALLOCATED: 75

INSTRUCTIONS:

- 1. PLEASE ANSWER ALL QUESTIONS**
 - i) SECTION A: MULTIPLE CHOICE [25 MARKS]**
 - ii) SECTION B: SHORT QUESTIONS [50 MARKS]**
- 2. USE THE PROVIDED ANSWER BOOKLET FOR ALL YOUR ANSWERS**
- 3. START ALL QUESTIONS IN A NEW PAGE**
- 4. USE BULLETS FOR EACH POINT IN YOUR ANSWERS (DO NOT INVENT YOUR OWN NUMBERING)**
- 5. CHECK THAT YOUR QUESTION PAPER HAS 9 PRINTED PAGES**
- 6. DO NOT OPEN THE QUESTION PAPER UNTIL PERMISSION HAS BEEN GRANTED BY THE CHIEF INVIGILATOR**

SECTION A: Multiple Choice Questions

For each of the following questions, write clearly the question number and letter that corresponds with the most appropriate answer e.g. 1. D. Each question has only one correct option as an answer.

1. The puerperium period is also referred to as the _____.
 - A. Neonatal period
 - B. 4th stage of labour
 - C. 4th trimester of pregnancy
 - D. Post-conception care

2. During the puerperium, the position of the uterus may be influenced by:
 - A. Tone of the uterus
 - B. Distension of the rectum
 - C. Distension of the bladder
 - D. All of the above

3. According to the 2015 Swaziland Integrated HIV Management guidelines, what is the eligibility criterion for initiation of antiretroviral therapy among infants?
 - A. Initiate on ART all HIV positive infants, depending on their CD4 count and WHO clinical stage (i.e. if CD4 <25% CD4 cells, or WHO clinical stage 3 or 4)
 - B. Initiate on ART all HIV positive infants, regardless of their WHO clinical stage or CD4 count
 - C. Initiate on ART all HIV exposed infants; no need to wait for the DNA-PCR test result
 - D. Any of the above

4. Involution of the uterus is brought about by a process known as:
 - A. Hydrolysis
 - B. Autolysis
 - C. Coagulation
 - D. Autoimmunity

5. A positive Homans' sign is suggestive of which of the following conditions?
- A. Varicose veins
 - B. Embolism
 - C. Deep vein thrombosis
 - D. Both A and C
6. A midwife educates new mothers about cord care. Which of the following statements by the midwife is **correct**?
- A. Use cold water to wipe the cord stump
 - B. Over the counter ointments may be applied on the stump if the woman can afford them
 - C. The baby's cord should be placed outside the diaper to prevent contamination with urine and feces.
 - D. The mother should perform 2 strokes around the stump when cleaning the cord stump
7. Which of the following statements is **not correct** about actions of a midwife conducting a physical examination of the woman in the postpartum ward?
- A. Discussing findings of the examination as it progresses
 - B. The midwife politely asks the woman to undress while s/he watches her to note any physical abnormalities
 - C. Obtaining the client's consent before proceeding with each part of the physical examination
 - D. The midwife should refer the client to the doctor for abnormalities noted
8. Which is the best method of contraception during the puerperium and onwards?
- A. Oral contraceptives
 - B. IUD
 - C. Condoms
 - D. Whichever suits the woman's sexual behaviour best

9. The correct management for postnatal blues by the midwife include all the following, **except**:
- A. Reassure the woman that the feelings she experiences are abnormal and that they will resolve soon before the puerperium is over
 - B. Explain to the woman that hormonal disturbances cause the feelings and that it will pass
 - C. Give tender loving care and support
 - D. Encourage the mother to make her feel confident in her ability to take care of her baby
10. In the puerperium, family planning should
- A. Be offered immediately after delivery
 - B. Be offered to the woman at her six weeks check-up only
 - C. Include breastfeeding as a good form of contraception
 - D. Both A and C
11. When counselling the mother about breastfeeding, the midwife should tell her to
- A. Avoid giving colostrum to the newborn
 - B. Breastfeed on demand for as long as the baby wants to feed
 - C. Establish a schedule for breastfeeding so the baby gets plenty of sleep
 - D. Give the baby water after each feed
12. All the following are minor disorders to a mother during the puerperium, **except**:
- A. After pains
 - B. Constipation and Haemorrhoids
 - C. Anxiety
 - D. Postpartum depression
13. When counselling the mother about her newborn, the midwife should:
- A. Tell the mother to bring her baby for a newborn care visit on the 7th day after birth
 - B. Help the mother to formulate a complication readiness plan for her baby
 - C. Make sure the mother understands danger signs for her baby and where to go if they arise
 - D. All of the above

14. During each postpartum visit, what specific information should the midwife obtain from the woman?
- A. Problems during pregnancy, during and after childbirth, and any present problems
 - B. Present problems only
 - C. Only those problems directly related to childbirth
 - D. Family history
15. By the 10th day postpartum, you should be able to palpate the uterus
- A. Just below the umbilicus
 - B. At the level of the umbilicus
 - C. Halfway between the symphysis pubis and the umbilicus
 - D. Just above the symphysis pubis
16. Each time you counsel the breastfeeding mother about nutrition, tell her that:
- A. There are many foods that she should avoid
 - B. She should drink at least 4 glasses of fluids per day
 - C. She should eat at least one extra meal per day
 - D. There is no need to take fruits and vegetables after delivery
17. Each postpartum examination should include:
- A. Observation of breastfeeding
 - B. Information about contraception, safer sex, and counselling and testing for HIV (if previous HTC was negative)
 - C. Measurement of blood pressure and temperature; assessment of conjunctiva, breasts, abdomen, perineum and legs
 - D. All of the above

18. When reviewing literature in order to improve midwifery care in the postpartum ward, a midwife should look at which of the following studies for the best evidence?
- A. Summaries of systematic reviews
 - B. Primary studies
 - C. Textbooks
 - D. Summary of evidence in the form of one-pagers
19. When counselling a new mother about breastfeeding in the 6 hours following birth?
- A. Tell her to give breast milk substitutes so her baby will grow faster
 - B. Help her position her baby so that s/he attaches properly to the nipple
 - C. Tell her that she needs a method of contraception even if she is breastfeeding exclusively and on demand
 - D. Advise that she should breastfeed her baby 4 times/day
20. A client is complaining of afterpains on postpartum day 2. Which of the following could increase the severity of afterpains?
- A. Multiparity
 - B. Bottle-feeding
 - C. Primiparity
 - D. None of the above
21. At each postpartum visit, the mother should be counseled to seek care if she has which of the following danger signs?
- A. Edema of hands and face, severe abdominal pain, sore or cracked nipples
 - B. Normal lochia, a temperature of 37.2°C, slight breast engorgement
 - C. Severe headache, foul smelling lochia, calf tenderness
 - D. Both A and C

22. If bleeding continues after delivery of the placenta, the first thing the midwife should do is call for help and
- A. Start an IV line
 - B. Massage the uterus
 - C. Insert a urinary catheter
 - D. Check the placenta to make sure it is complete
23. Care of the baby's umbilicus includes
- A. Covering with a sterile compress
 - B. Cleansing with alcohol
 - C. Applying antibiotic cream
 - D. Cleansing with cooled, boiled water and leaving the cord stump uncovered
24. Breastfeeding should begin
- A. When the baby starts to cry
 - B. After the baby's first bath
 - C. Within the first hour following birth
 - D. When the mother's milk comes in
25. Active management of the 3rd stage of labour is important to
- A. Prevent postpartum haemorrhage
 - B. Prevent complications from occurring in the newborn
 - C. Assist the mother to deliver the placenta
 - D. Both A and C

[Total: 25 marks]

SECTION B: SHORT QUESTIONS

Question 1

- a) Explain how you would prevent or reduce the risk of infection in a newborn [8]
- b) A mother who is about to be discharged asks you to tell her the signs of an infected umbilical cord stump. What would you say? [3]
- c) You are conducting an assessment on a 7 days old neonate, and notice that the baby feels very cold. You are worried about hypothermia. What would you do? [4]
- d) What tips would you give the mother on things to avoid in order to protect a newborn from hypothermia? [5]

[Total: 20 marks]

Question 2

Dlalisile is an 18 year old para 1, who has just given birth 20 hours ago, following a normal vaginal delivery. She is due for discharge from the postpartum ward in the next four hours. She is anxious about what changes will take place in her body during the first 6 weeks postpartum, since this is her first time as a mother. She also states that she is not sure if she will be able to come for her 7th day postpartum visit, but after you explain to her the importance of the visit, she promises to try her best to turn up for that visit.

- a) Describe the information you would offer to Dlalisile on the expected physiological responses of new mothers during the normal puerperium under the following headings:
- i. Endocrine changes [7]
 - ii. Psychological changes [5]

- b) Explain how lochia is evaluated in the postpartum [4]
- c) Discuss the care that you (as a midwife) would render to Dlalibile soon after birth (within the first hour) to ensure that she recovers well? [8]
- d) Explain the **discharge care** you would render to Dlalibile before she leaves the postnatal ward? [6]

[Total: 30 marks]