

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
FINAL EXAMINATION PAPER: MAY, 2017

TITLE OF PAPER : REPRODUCTIVE HEALTH DYNAMICS
COURSE CODE : GNS320
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

Questions 1

Choose the most appropriate response e.g. 26. C. **Each correct response carries one (1) mark.**

1. Which one of the following hormones stimulates ovulation?
 - A. Oestrogen
 - B. Progesterone
 - C. FSH
 - D. LH
2. At approximately, on which day(s) does ovulation occur?
 - A. Day 1
 - B. Day 14
 - C. Day 22
 - D. Day 28
3. Which one of the following organs is responsible for the production of sperms?
 - A. Vas Deferens
 - B. Prostate Gland
 - C. Seminiferous Tubules

4. Which one of the following hormone (s) prevents the monthly occurrence of menstruation in pregnancy?

- A. FHS
- B. Prolactin
- C. Adrenaline
- D. Progesterone

5. Which one of the following organs is responsible for storage and maturation of sperms?

- A. Testes
- B. Interstitial Cells
- C. Seminal Vesicles
- D. Epididymis

6. Which one of the following urinary symptoms does the pregnant woman most frequently experience during the first trimester?

- A. Dysuria
- B. Frequency
- C. Incontinence
- D. Burning

7. On which of the following areas would the nurse expect to observe chloasma?
- Breasts, areola and nipples
 - Chest, neck, arms and legs
 - Abdomen, breast and thighs
 - Cheeks, forehead and nose
8. A pregnant client states that she “waddles” when she walks. The nurse’s explanation is based on which one of the following as the cause?
- The large size of the newborn
 - Pressure on the pelvic muscles
 - Relaxation of the pelvic joints
 - Excessive weight gain
9. When talking with a pregnant client who is experiencing aching swollen, leg veins, the nurse would explain that this is most probably the result of which one of the following?
- Thrombophlebitis
 - Pregnancy induced hypertension
 - Pressure on blood vessels from the enlarging uterus
 - The force of gravity pulling down the uterus
10. Which one of the following common emotional reactions to pregnancy would the nurse expect to occur during the first trimester?
- Introversion, egocentrism, narcissism
 - Awkwardness, clumsiness, and unattractiveness
 - Anxiety, passivity, extroversion
 - Ambivalence, fear, fantasies
11. A client LMP began July 5. Her expected date of delivery should be which one of the following dates?
- January 2
 - March 28
 - April 12
 - October 12

12. Which one of the following danger signs should be reported promptly during the antepartum period?

- A. Constipation
- B. Breast tenderness
- C. Nasal stuffiness
- D. Leaking amniotic fluid

13. Before birth, which one of the following structures connects the right and left auricles of the heart?

- A. Umbilical vein
- B. Foramen ovale
- C. Ductus arteriosus
- D. Ductus venosus

14. Which one of the following statements best describes hyperemesis gravidarum?

- A. Severe anemia leading to electrolyte, metabolic, and nutritional imbalances in the absence of other medical problems.
- B. Severe nausea and vomiting leading to electrolyte, metabolic, and nutritional imbalances in the absence of other medical problems.
- C. Loss of appetite and continuous vomiting that commonly results in dehydration and ultimately decreasing maternal nutrients
- D. Severe nausea and diarrhea that can cause gastrointestinal irritation and possibly internal bleeding

15. Which one of the following best describes thrombophlebitis?

- A. Inflammation and clot formation that result when blood components combine to form an aggregate body
- B. Inflammation and blood clots that eventually become lodged within the pulmonary blood vessels
- C. Inflammation and blood clots that eventually become lodged within the femoral vein
- D. Inflammation of the vascular endothelium with clot formation on the vessel wall

16. Fertilization occurs in which one of the following organs?

- A. Uterus
- B. Cervix
- C. Fallopian tubes
- D. None of the above

17. On day three (3) postpartum, a postnatal woman complains of fullness of breasts. Which one of the following is the correct advice by the the midwife?

- A. Stop breastfeeding until the condition is resolved
- B. Breastfeed four hourly and allow breast to rest in between feeds
- C. Alternate breast and formula feeding
- D. Breastfeed frequently and ensure that breasts are empty

18. All the following constitute danger signs in the neonate requiring medical attention, **EXCEPT** for:

- A. Neonatal convulsions
- B. In-drawing of chest when breathing
- C. Pink body colour
- D. Scanty urine output

19. Which one of the is the correct aim of abdominal examination.

- A. To detect any deviation from normal
- B. To assess maternal height
- C. To assess foetal weight
- D. To weigh the mother

20. The function of the prostate gland is to:

- A. Produce spermatozoa
- B. Produce nerosthisterone
- C. Secrete lubricant for spermatozoa
- D. Secrete testosterone

21. If the baby develops jaundice on the third day of life, which one of the following is the most likely cause of the jaundice?

- A. Hyperthermia
- B. Hyperbilirubinemia
- C. Hybernatraemia
- D. Hypercalcaemia

22. The nurse decides on a teaching plan for a new mother and her infant. The correct plan should include which of the following:

- A. Discussing the matter with her in a non-threatening manner
- B. Showing by example and explanation how to care for the infant
- C. Setting up a schedule for teaching the mother how to care for her baby
- D. Supplying the emotional support to the mother and encouraging

23. Which one of the following is **NOT** a function of the placenta?

- A. Supplies nutrition to the baby
- B. Filters the blood to eliminate the harmful substances
- C. Produces hormones that ensure enough levels of glucose in the mother's blood
- D. Allows the transmission of oxygen to the baby.
- E. None of the above.

24. Which one of the following statements best describes a grand multipara? A woman who...

- a) Has given birth four times or more
- b) Has been pregnant four times or more
- c) Has given birth five times or more
- d) Has been pregnant five times or more

25. Which of the following options forms part of the history that the midwife obtains during an antenatal care visit?

- A. Social history, general health history, menstrual history, labour history, medical history and family history
- B. Social history, present health history, menstrual history, labour history, medical history and family history
- C. Medical history, general particulars, present health history, labour history and family history
- D. General particulars/social history, medical history, surgical history, present history, present pregnancy/menstrual history, previous/obstetrical history and family history

Question 2

Indicate whether each of the following statements is **True** or **False**. i.e. if statement is true write **True** against the corresponding number and if the statement is false write **False** against the corresponding number e.g. 26. True. Each correct response carries one (1) mark.

1. The oxytocin hormone stimulates the release of milk.
2. Uterine atony causes postpartum haemorrhage.
3. The 3rd trimester is from 27 – 39 weeks gestation.
4. Hyperemesis gravidarum is a severe form of morning sickness in which women suffer with excessive nausea and vomiting.
5. The method used to calculate the estimated date of delivery is: First day of last menstrual period (LMP) + 8 months and 1 week.
6. The fetus and the mother share the same circulatory system.
7. One of the aims of childbirth education is to empower women for the identification of risk factors.
8. A nullipara is a woman in her first pregnancy and has not yet given birth.
9. After delivery of the baby, the placenta is examined to exclude the presence of blood clots.
10. During the second stage of labour, the foetal heart should be checked after every contraction.
11. Following childbirth, every woman should have the perineum examined to note the passage where the foetus passed through.
12. Urinary incontinence, urinary tract infection, constipation and postpartum haemorrhage are minor disorders of the puerperium.
13. A woman's perception of labour pain may be influenced by cultural and social factors.
14. Exclusive breastfeeding is giving the baby breastmilk and water only.
15. Respiratory distress syndrome is one of the risky neonatal conditions for the baby.
16. When performing nursing care for a neonate after a birth the highest priority is to cover the neonate's head with a cap.

17. A soft and boggy uterus is an indication that placenta has separated from the uterine wall and is ready for delivery.
18. **Presumptive** signs of pregnancy refer to signs and symptoms that may resemble pregnancy signs and symptoms, but may in fact be caused by something else.
19. **Positive** signs of pregnancy are signs that indicate pregnancy the majority of the time.
20. **Presumptive** signs of pregnancy are signs that cannot, under any circumstances, be mistaken for other conditions, and are evidence that pregnancy has occurred.
21. A retained placenta will not cause postpartum haemorrhage.
22. Pressure and irritation of the bladder by the growing uterus during the first trimester is responsible for causing urinary frequency.
23. The absence of a period is a positive sign of pregnancy.
24. Nausea or vomiting is a presumptive sign of pregnancy.
25. One of the disadvantages of breastfeeding is that the father may resent the infant's demands on the mother's body and time.

[Total Marks 25]

Question 3

Early (first trimester) antenatal attendance is of paramount importance in pregnancy.

2.1 During history taking, a midwife is required to obtain essential information pertaining to the past or previous obstetric history. Describe the information which the midwife should collect from the client as regards the past/previous obstetric history.

(12 marks)

2.2 A midwife is giving a health talk to a group of expectant mothers about the Human Immuno-Deficiency Virus (HIV). Discuss the information a midwife should offer.

(13 marks)

[Total Marks 25]