

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

TITLE OF PAPER : **PUERPERIUM**
COURSE CODE : **MID403**
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

Choose the most appropriate response e.g. 26. C. Each correct response carries one (1) mark. Total 25 marks.

1. The midwife is assessing a client who is 6 hours postpartum after the birth of a full-term healthy infant. The client complains to the midwife of feelings of faintness and dizziness. Which one of the following nursing actions would be most appropriate?
 - a. Obtain hemoglobin and hematocrit levels
 - b. Instruct the mother to request help when getting out of bed
 - c. Elevate the mother's legs
 - d. Inform the nursery room nurse to avoid bringing the newborn infant to the mother until the feelings of lightheadedness and dizziness have subsided

2. A primiparous woman is in the taking-in stage of psychosocial recovery and adjustment following birth. The nurse, recognizing the needs of women during this stage, should:
 - a. Foster an active role in the baby's care
 - b. Provide time for the mother to reflect on the events surrounding childbirth and her behaviour during childbirth
 - c. Recognize the woman's limited attention span by giving her written materials to read when she gets home rather than doing a teaching session now
 - d. Promote maternal independence by encouraging her to meet her own hygiene and comfort needs.

3. The nurse decides on a teaching plan for a new mother and her infant. The plan should include:
 - 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 her independence

4. A mother of a term neonate asks what the thick, white, cheesy coating is on his skin. Which one correctly describes this finding?
 - a. Lanugo
 - b. Milia
 - c. Nevus flammeus
 - d. Vernix

5. When performing midwifery care for a neonate after a birth, which intervention has the highest nursing priority?
 - a. Obtain a dextrostix
 - b. Give the initial bath
 - c. Give the vitamin K injection
 - d. Cover the neonates head with a cap

6. A nurse is preparing to assess the uterine fundus of a client in the immediate postpartum period. When the nurse locates the fundus, she notes that the uterus feels soft and boggy. Which of the following nursing interventions would be most appropriate initially?
 - a) Massage the fundus until it is firm
 - b) Elevate the mother's legs
 - c) Push on the uterus to assist in expressing clots
 - d) Encourage the mother to void

7. After expulsion of the placenta in a client who has six living children, an infusion of Ringer's Lactate solution with 10 units of pitocin is ordered. The midwife understands that this is indicated for this client because:
 - a. She had a precipitate birth
 - b. This was an extramural birth
 - c. Retained placental fragments must be expelled
 - d. Multigravidas are at increased risk for uterine atony

8. As part of the postpartum assessment, the nurse examines the breasts of a primiparous breastfeeding woman who is one day postpartum. An expected finding would be:
 - a. Soft, non-tender; colostrum is present
 - b. Leakage of milk at let down
 - c. Swollen, warm, and tender upon palpation
 - d. A few blisters and a bruise on each areola

9. A midwife is monitoring a new mother in the postpartum period for signs of hemorrhage. Which one of the following signs, if noted in the mother, would be an early sign of excessive blood loss?
 - a. A temperature of 38°C
 - b. An increase in the pulse from 88 to 102 beats per minute
 - c. An increase in the respiratory rate from 18 to 22 breaths per minute
 - d. A blood pressure change from 130/88 to 124/80 mm Hg

10. On the first postpartum night a client requests that her baby be sent back to the nursery so she can get some sleep. The client is most likely in which of the following phases?
- Depression phase
 - Letting-go phase
 - Taking-hold phase
 - Taking-in phase
11. Which one of the following physiological responses is considered normal in the early postpartum period?
- Urinary urgency and dysuria
 - Rapid diuresis
 - Decrease in blood pressure
 - Increase motility of the GI system
12. A client is complaining of painful contractions, or after pains, on the second day postpartum. Which one of the following conditions could increase the severity of after pains?
- Bottle-feeding
 - Diabetes
 - Multiple gestation
 - Primiparity
13. On which one of the postpartum days can the client expect lochia serosa?
- Days 3 and 4 PP
 - Days 3 to 10 PP
 - Days 10-14 PP
 - Days 14 to 42 PP
14. The midwife is assessing the lochia on a patient on the first day postpartum. The midwife notes that the lochia is red and has a foul-smelling odour. The midwife determines that this assessment finding is:
- Normal
 - Indicates the presence of infection
 - Indicates the need for increasing oral fluids
 - Indicates the need for increasing ambulation

15. A midwife in a newborn nursery is performing an assessment of a newborn infant. The midwife is preparing to measure the head circumference of the infant. The midwife would most appropriately:
- Wrap the tape measure around the infant's head and measure just above the eyebrows.
 - Place the tape measure under the infants head at the base of the skull and wrap around to the front just above the eyes
 - Place the tape measure under the infants head, wrap around the occiput, and measure just above the eyes
 - Place the tape measure at the back of the infant's head, wrap around across the ears, and measure across the infant's mouth
16. When teaching umbilical cord care to a new mother, the midwife would offer which one of the following?
- Apply peroxide to the cord with each diaper change
 - Cover the cord with petroleum jelly after bathing
 - Keep the cord dry and open to air
 - Wash the cord with soap and water each day during a tub bath
17. Which one of the following is **TRUE** about a healthy newborn's respirations?
- Regular, abdominal, 40-50 per minute, deep
 - Irregular, abdominal, 30-60 per minute, shallow
 - Irregular, initiated by chest wall, 30-60 per minute, deep
 - Regular, initiated by the chest wall, 40-60 per minute, shallow
18. Which one of the following is the optimum time to initiate lactation?
- As soon as possible after the infant's birth.
 - After the mother has rested for 4-6 hours.
 - During the infant's second period of reactivity
 - After the infant has taken sterile water without complications.
19. A neonate has been diagnosed with caput succedaneum. Which statement is correct about this condition?
- "It usually resolves in 3-6 weeks."
 - "It doesn't cross the cranial suture line."
 - "It's a collection of blood between the skull and the periosteum."
 - "It involves swelling of tissue over the presenting part of the presenting head."

20. A midwife in the newborn nursery is monitoring a preterm newborn infant for respiratory distress syndrome. Which one of the following assessment signs would alert the midwife to the possibility of this syndrome?
- Hypotension and Bradycardia
 - Tachypnea, retractions and grunting
 - Acrocyanosis and grunting
 - The presence of a barrel chest with grunting
21. The foetal blood circulation is oxygenated directly from:
- The foetal lungs
 - The maternal lungs
 - The placenta
 - After the blood has flowed through the foetal kidneys where waste is removed
22. The term rugae refers to which one of the following:
- The walls of the vagina
 - The perineal muscles
 - The cervical opening
 - A layer of the uterus
23. The hormone called surfactant is used to:
- Maintain pregnancy
 - Reduce surface tension in the foetal lungs
 - Initiate labour contractions
 - Initiate the placenta being expelled
24. Which one of the following describes chloasma?
- Shiny reddish lines
 - Increased pigmentation on the bridge of the nose and cheeks
 - A line of increased pigmentation on the abdomen
 - Swollen maternal feet

25. Intrauterine device prevents pregnancy by the ff. mechanism EXCEPT

- a. Fundus contracts to expel uterine contents
- b. Copper embedded in the IUD can kill the sperms
- c. Sperms will be barred from entering the fallopian tubes
- d. Endometrium inflames

Question 2

2.1 What is puerperium? (2 marks)

2.2 What is involution of uterus? (2 marks)

2.3 Which of the following statements is *false*? In each case (i) explain what is incorrect, and (ii) define the term that is in **bold**.

A. A woman during the **puerperium** will not normally produce **lochia** after the birth.

(4 marks)

B. Initiation of **lactation** and production of **colostrum** follows soon after delivery of the baby.

(4 marks)

C. Breast **engorgement** is a sign that breastfeeding can be initiated.

(2 marks)

D. The **endometrium** can take seven weeks to heal after the birth.

(2 marks)

2.4 You are seeing a woman who gave birth to her second child 14 days ago. She looks reasonably well, but she seems a bit worried. Briefly describe the assessment you would do to make sure that everything is OK and she is recovering normally.

(9 marks)

[Total 25 marks]

Question 3

3.1 What are the benefits of breast-feeding? Please mention the benefits to the newborn and the benefits to the mother separately. **(7 marks)**

3.2 What are the risks and disadvantages of replacement feeding? **(8 marks)**

3.3 Briefly describe the criteria used to assess if the mother will be able to provide for the baby if she chooses not to breast feed. **(10 marks)**

[Total 25 marks]