

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF MIDWIFERY SCIENCES
FINAL EXAMINATION: DECEMBER, 2017

TITLE OF PAPER : NORMAL PUERPERIUM AND POST PARTUM CARE
COURSE CODE : MID 403
DURATION : TWO (2) HOURS
TOTAL MARKS : 75

INSTRUCTIONS

- 1. ANSWER ALL QUESTIONS**
- 2. FIGURES IN BRACKETS INDICATE MARKS ALLOCATED TO EACH PART OF A QUESTION**
- 3. START EACH QUESTION ON A NEW PAGE**
- 4. QUESTIONS DO NOT CARRY EQUAL MARKS**
- 5. KINDLY USE BULLETS FOR EACH POINT IN YOUR ANSWER WHERE APPLICABLE**

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Question 1: Multiple choice questions

Choose the most appropriate response from each of the following statements and write the letter that corresponds with it next to the question number in your answer sheet. For example, 1.18 A

1. Which **ONE** of the following best describes a positive plantar reflex in the neonate?
 - A. A bilateral response where the neonate will close his hand in response to pressure in the palm of his hand, for example by a finger
 - B. When the neonate is held upright with his feet touching the surface, alternative stepping motions will be made by the lower limbs
 - C. When the cheek of the neonate is stimulated, the head will turn in the direction of the stimulus, and he will open his mouth
 - D. When you stroke the sole of the baby's foot, you'll notice his toes spread open and the foot will turn slightly inward

2. Baby Nana has just been delivered through a spontaneous vaginal delivery (SVD). At 1 minute, the neonate is pale, has gasping respirations, is flaccid, grimaces, and has a heart rate of 80 beats per minute. Which **ONE** of the following best indicates the Apgar score for the neonate at 1 minute?
 - A. 1/10
 - B. 2/10
 - C. 3/10
 - D. 4/10

3. Baby X is a 3 day old neonate on formula feeds. Her weight is 4.6 kg. You have to feed the baby every 3 hours. Which **ONE** correct amount of feed would you give Baby X?
 - A. 552 mls/3 hourly
 - B. 23 mls/ 3 hourly
 - C. 184 mls/ 3hourly
 - D. 69mls/3hourly

4. Gestational age in neonates can be assessed using different methods. One of these is the Ballard scale. Which **ONE** of the following is **NOT** a neuro-muscular maturity component in the Ballard scale?
- A. Plantar surface
 - B. Scarf sign
 - C. Heel to ear
 - D. Posture
5. By drying the neonate using a warm blanket after birth, which type of heat loss would the nurse be preventing?
- A. Conduction
 - B. Convection
 - C. Evaporation
 - D. Radiation
6. Select the **BEST** response in the following statement:
- A. Clotting factors and fibrinogen levels remain constant during pregnancy and in the immediate post- partum period. This constant state increases the risk of thrombo-embolism in the woman.
 - B. Clotting factors and fibrinogen levels are decreased during pregnancy and remain low in the immediate post- partum. This hypo-coaguable state decreases the risk of thrombo-embolism.
 - C. Clotting factors and fibrinogen levels are increased during pregnancy and remain elevated in the immediate post -partum. This hyper-coaguable state increases the risk of thrombo-embolism
 - D. Clotting factors increase whilst fibrinogen levels increase during pregnancy, becoming constant in the immediate post -partum. These differences in the levels of the hormones increase the risk of thrombo-embolism.

7. In the immediate post- partum period, what is the **MOST** serious consequence likely to occur as a result of a full bladder?
- A. Urinary tract infection
 - B. Excessive uterine bleeding
 - C. A ruptured bladder
 - D. Bladder wall atony
8. Miss X is HIV positive. Fifteen minutes ago she gave birth to a live male neonate with a birth weight of 5kg and Apgar Score 8/10-10/10. Which **ONE** of the following is the most accurate dose of neveripine for the neonate?
- A. 1.5 ml
 - B. 1ml
 - C. 3ml
 - D. 2.5 ml
9. Three days after discharge from the hospital, a couple brings their neonate reporting that the baby is sick since the previous day. Which **ONE** of the following would **NOT** inform you that the neonate is presenting with danger signs?
- A. Temperature of 35.3 degrees Celsius
 - B. Heart rate of 130 beats per minute
 - C. Respiratory rate of 65 breaths per minute, with severe chest in-drawings
 - D. Inability to breastfeed.
10. Kegel exercises help to strengthen the perineal muscles and encourage healing. Which **ONE** statement indicates that the client understands the correct process for completing these exercises?
- A. "I contract my thighs, buttocks and abdomen"
 - B. "I do 12 of these exercises everyday"
 - C. "I stand while practicing this new exercise routine"
 - D. I pretend that I am trying to stop the flow of urine mid-stream"

11. Women in the post- partum period experience bladder problems mainly due to the physiological changes occurring during pregnancy. Which **ONE** of the following measures would **NOT RELIEVE** urinary retention in the post- partum woman?

- A. Provide privacy
- B. Encourage ambulation
- C. Kegel exercises
- D. Ensure adequate fluid intake

12. Which **ONE** of the following conditions requires careful medical assessment during the puerperium?

- A. Headaches
- B. Engorged breasts
- C. Back pains
- D. Constipation

13. You are working in the family planning clinic. Zelda comes to the clinic and requests for an implant as she does not intend having children soon. She is HIV positive and is on Option B+, a single dose combination of EFV/TDF/3TC. Would you insert the implant, as requested?

- A. Yes, because you respect her decision concerning the family planning commodity that she wants
- B. No, because an implant would aggravate bleeding side effects as she is HIV positive
- C. Yes, because the implant will be effective in preventing pregnancy and is a long term commodity, as Zelda does not want to have children soon
- D. No, because Efavirenz reduces the effectiveness of an implant, thereby increasing the risk of pregnancy.

14. All of the following are mechanisms of action for progestin-only contraceptives **EXCEPT**:

- A. Thickens cervical mucous, making it impenetrable to sperms.
- B. Inhibit ovulation by maintaining the feedback inhibition of production of pituitary hormone

- C. Makes endometrium unfavourable for implantation
- D. Inhibits fallopian tube and uterine contractility.

15. Most health care-associated infections are preventable through good hand hygiene, which includes cleaning hands at the right times and in the right way.

Which **ONE** of the following statements is **INCORRECT**?

- A. After attending to the patient, the nurse ran to answer the duty room to answer the telephone as she was alone on duty.
- B. After being exposed to blood when assisting a woman with delivery, the nurse rushed to the tap to wash her hands with running water and soap.
- C. During ward rounds, after touching the patient's bed, the nurse cleaned her hands using a sanitizer, before going to the next patient.
- D. Before performing an aseptic procedure, the nurse washed her hands.

Total [15 Marks]

Question 2

Discuss the physiological changes of the newborn immediately after birth, with reference to the following systems:

2.1 Renal system (9 marks)

2.2 Reproductive system (9 marks)

Total [18 Marks]

Question 3

Thembi is a 15 year old para 1 who has given birth a 12 hours ago. She has been trying to breastfeed her neonate, but has been failing. She requests for your assistance. Also, Thembi verbalises that breastfeeding is not good for her self-image as she is still young, therefore, she might end up giving the neonate replacement feeds

3.1 Explain **four** benefits of breastfeeding to Thembi and **three** benefits for the baby. (7 marks)

3.2 Explain what the midwife would do to assist Thembi latch the neonate to the breast correctly (10 marks)

Total [17 Marks]

Question 4

You are a nurse-midwife working in the Child Welfare Clinic. Thuli is a 20 year Para 2 woman who is HIV positive, on anti- retroviral therapy, breastfeeding and has brought her baby to the clinic for 6 week check up.

Discuss the care you would render to Thuli and her baby during the visit (25 marks).

(Half mark for each correct, relevant fact)

Total [25Marks]