UNIVERSITY OF SWAZILAND  
FACULTY OF HEALTH SCIENCES  
DEPARTMENT OF MIDWIFERY SCIENCES  
SUPPLEMENTARY EXAMINATION: JULY 2018

TITLE OF PAPER : NORMAL PUERPERIUM AND POST NATAL 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. BEGIN 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

6. THIS PAPER SHOULD NOT BE OPENED UNTIL PERMISSION IS GRANTED BY THE INVIGILATOR
Question 1
1.1 List 5 neonatal primitive reflexes

1.2 Neonates have to adapt to the extra uterine environment after birth, yet the adaptation process poses a threat to the neonates. Explain how the midwife can ensure effective adaptation of the neonate after birth, with reference to the following:

1.2.1 Thermoregulation
1.2.2 Immunity

[21]

Question 2
2.1 Discuss the maternal physiological changes of the following systems in the puerperium:

2.1.1 The cardiovascular system, with specific reference to the heart and blood

2.1.2 Reproductive system, with reference to the cervix

2.1.3 Urinary system

[19]

Question 3
3.1 Discuss health education the midwife would give to a breastfeeding woman to prevent the development of breast problems. Give a rationale for each point

3.2 Describe midwifery actions that the midwife should implement for women in the post-partum period to manage psychological or emotional problems

[18]
Question 4

4.1 Explain the health education be given to women with the following minor disorders of the puerperium? ½ mark for fact, ½ mark for rationale

4.1.1 Back pain (4)

4.1.2 Haemorrhoids (6)

4.2 Match an item in column A with the appropriate response in column B, and write the response, for example, 10 --L (7)

<table>
<thead>
<tr>
<th>Column A</th>
<th>Column B</th>
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</thead>
<tbody>
<tr>
<td>1. Cephalhaematoma</td>
<td>A. Increases viscosity of the cervical mucous</td>
</tr>
<tr>
<td>2. Milia</td>
<td>B. Oedematous swelling under the scalp, does not enlarge, can cross a suture line</td>
</tr>
<tr>
<td>3. Nevirpine syrup</td>
<td>C. Impedes the ascent of the sperm to the fallopian tubes</td>
</tr>
<tr>
<td>4. Intra uterine device (IUD)</td>
<td>D. Inability/ refusal to feeds, hyperthemia, rapid respirations with chest indrawings</td>
</tr>
<tr>
<td>5. Caput succedaneum</td>
<td>E. Effusion of blood under the periosteum that covers the skull bones, is bilateral, appears after 12 hours of birth and can persist for weeks</td>
</tr>
<tr>
<td>6. Progestin only contraceptives</td>
<td>F. White yellow papules seen over the cheeks, nose and forehead. Disappears within the first week of life</td>
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<tr>
<td>7. Neonatal danger signs</td>
<td>G. Inhibit follicular development and prevent ovulation</td>
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<td></td>
<td>H. Vesicles on the face, scalp and</td>
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<tr>
<td>Question</td>
<td>Answer</td>
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<tr>
<td>1. Given to HIV exposed neonates according to the neonates' weight, to prevent mother to child transmission of HIV</td>
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