

**UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
FINAL MAIN EXAMINATION QUESTION PAPER; DECEMBER 2018**

TITLE OF PAPER: NORMAL PREGNANCY AND ANTENATAL CARE

COURSE CODE: MWF 407

DURATION: Two (2) Hours

TOTAL MARKS: 75

INSTRUCTIONS: 1. THE PAPER CONSISTS OF THREE (3) QUESTIONS

2. ANSWER ALL QUESTIONS

3. ALL QUESTIONS CARRY EQUAL MARKS

4. READ THE QUESTIONS CAREFULLY

**5. FIGURES IN BRACKETS INDICATE MARKS ALLOCATED
TO A QUESTION OR PART OF A QUESTION**

6. START EACH QUESTION ON A FRESH PAGE

**THIS PAPER SHOULD NOT BE OPENED UNTIL PERMISSION HAS BEEN
GRANTED BY THE INVIGILATOR.**

QUESTION 1

Answer all questions. Choose the most appropriate response e.g. 1.26 D. Each correct response carries one (1) mark. **Total: 25 marks.**

- 1.1 Which of the following relate to psychological adaptation to pregnancy in the second trimester?
- A. When the woman is awake she focuses on the fetus most of the time.
 - B. The woman's attention usually moves towards the woman's mother and significant others.
 - C. The woman fantasizes and day dreams about her baby.
 - D. The woman's attention moves from the partner suddenly.
- 1.2 Pregnant women usually develop physiological anaemia during pregnancy. Which of the following is relevant to this statement?
- A. Pregnant women should have Haemoglobin checked at 14 weeks gestation.
 - B. Women should be advised on the dangers of physiological anaemia.
 - C. Physiological anaemia is a response to anaemia in pregnancy during the first trimester.
 - D. Red blood cells increase by 18 % while plasma volume increases by 50% during pregnancy.
- 1.3 The following are/is some of the contributory factors/ factor to mood swings and mixed feelings of women during pregnancy.
- a) The concern by women of their roles as girls which is now over.
 - b) Being called a mother for the rest of their lives.
 - c) Hormonal and metabolic changes
 - d) Being married to elderly men.

1.4 Which of the following hormones help to develop the secretory characteristics of acini cells in preparation for breast feeding?

- A. Oestrogen and Progesterone
- B. Progesterone
- C. Progesterone and Human Placental Lactogen
- D. Oestrogen.

1.5 Which of the following is a self-care activity for the pregnant woman to help her deal with fainting attacks in pregnancy?

- A. The woman should be advised to start moderate exercises
- B. The woman should be advised to increase her fluid intake to 3 litres per day
- C. The woman is advised to avoid crowded areas and sudden change in position
- D. The woman is advised to keep in a moderately cool environment.

The following scenario relates to questions 1.6 to question 1.10. Lolo is Para 4 Gravida 5, Alive 4, reports to the antenatal clinic at 36 weeks gestation complaining of shortness of breath or dyspnoea on slight exertion.

1.6 What is the likely diagnosis or contributory factor to the shortness of breath or dyspnoea?

- A. Expansion of the diaphragm
- B. Non expansion of the lungs
- C. Pressure from the gravid uterus limiting expansion of the diaphragm
- D. Pressure from the gravid uterus limiting lung expansion thus accelerating the respiratory rate.

1.7 How can the condition in 1.6 above be relieved?

- A. The woman is advised to adopt a good posture all the time
- B. The woman is advised to eat moderate amounts of spiced food
- C. The woman is advised to go to hospital as soon as possible so that she can get appropriate care
- D. The woman is advised to have an ultrasound scan of the abdomen.

1.8 Insomnia in late pregnancy is usually caused by the following.

- A. Fetal movements and urinary frequency
- B. Urinary frequency
- C. Urinary frequency and varicosities
- D. Muscle wasting.

1.9 Which of the following is the function(s) of Braxton Hicks contractions?

- A. Increase both fetal and uterine circulation to the fetal kidneys.
- B. Assists with formation of the lower uterine segment and facilitates circulation of blood to the uterus.
- C. Improves the fetoplacental unit during the second trimester
- D. Contributes to increasing pressure to the uterine flow.

1.10 The increase in thickness of the vaginal mucosa and the increase in glycogen during pregnancy is brought about by the effect of

- A. Progesterone and oestrogen
- B. Oestrogen
- C. Progesterone and Human Placental Lactogen
- D. Human Placental Lactogen only.

Questions 1.11 to 1.17 relate to common physiological problems during pregnancy, their management and monitoring fetal well-being.

- 1.11 Multiparty and multiple pregnancy may contribute to
- A. Double weight gain in pregnancy
 - B. Lordosis which may contribute to lower back pain
 - C. Poor sitting position
 - D. Increased chances of lack of rest.
- 1.12 Nausea and vomiting in early pregnancy can be relieved by some of the following
- A. Eating small frequent meals
 - B. Delay in eating at night all the times
 - C. Consuming a high fat diet
 - D. Getting help to ease the woman's daily workload.
- 1.13 When estimating fetal growth on abdominal palpation, the following may affect findings about the size of the fetus.
- A. The placenta which is located in the upper uterine segment
 - B. Presence of a singleton fetus
 - C. Maternal size and weight
 - D. The lower uterine segment.
- 1.14 An ultrasound scan should be done in all pregnant women at 12 weeks and 20 weeks gestation. Which of the following is/are the main reasons for doing the ultrasound scan during the respective times?
- A. To determine the gestational age.
 - B. To determine the heart defects and lung maturity respectively
 - C. To determine position of the fetus
 - D. To localize the placenta, determine number of fetuses and exclude Down's syndrome when the palate closes.

- 1.15 Which of the following physiological changes in pregnancy occur mainly in the third trimester?
- A. Proteinuria
 - B. Constipation
 - C. Pathological anaemia
 - D. Diabetes mellitus.
- 1.16 The following is /are one/some of the measures the midwife will use to monitor fetal well-being during pregnancy.
- A. Maternal weight gain that is consistent to the gestational age.
 - B. Fetal movements at rest
 - C. Fetal movements during activity
 - D. At least 14 kicks by the fetus in a day.
- 1.17 By twenty weeks of gestation, generally any pregnant woman is expected to have gained at least.
- A. 14 kgs
 - B. 12kgs
 - C. 14kgs
 - D. 2 kgs
- 1.18 The parameters used by the midwife at each ANC visit to monitor fetal growth, wellness and development include the following
- A. Estimation of fundal height
 - B. Ultrasound scan and fetal weight
 - C. Amniotic fluid index
 - D. Estimation of fundal height, fetal heart monitoring, fetal movements and maternal weight.

- 1.19 Which of the following may be an indicator of deep vein thrombosis?
- A. Oedema of the lower limbs
 - B. Presence of varicose veins and tenderness on palpation of the lower limbs
 - C. Severe tenderness of the knees
 - D. Reddish colour on the ankles.
- 1.20 The period of administering TT² to a pregnant woman should be after
- A. Two weeks from the date of administering TT¹
 - B. Three weeks from the date of administering TT¹
 - C. Four weeks from the date of administering TT¹
 - D. Five weeks from the date of administering TT¹
- 1.21 Which of the following measurements can be used in estimating the gestational age by ultrasound scan?
- A. Abdominal circumference and bi-parietal diameter
 - B. The size of the anterior fontanelles
 - C. Fetal weight
 - D. The length of the fetal femur.
- 1.22 The current recommended method used to assess maternal nutrition in pregnancy is
- A. gradual maternal weight gain
 - B. the mid upper arm circumference (MUAC)
 - C. the consistency in maternal weight gain
 - D. the gradual loss in maternal weight.

1.23 The last menstrual period for Mrs X is 20 July 2018. According to Naegele's rule what is the estimated date of delivery (EDD)?

- A. 28 April 2019
- B. 27 April 2019
- C. 26 April 2019
- D. 25 April 2019.

1.24 The following is one of the effects of nicotine in cases where the pregnant mother smokes cigarettes regularly.

- A. Intrauterine growth restriction
- B. Spontaneous abortion is almost certain
- C. The mother will always suffer from physiological anemia
- D. The fetus is highly active due to the effect of nicotine.

1.25 The following are some of the potential effects of alcohol in pregnancy?

- A. Dependency syndrome in mental health
- B. Structural brain abnormalities when the mother takes 4 to six drinks per day
- C. Risk of acquiring HIV infection is always certain (100%).
- D. All babies born to mothers who drink alcohol experience severe mental retardation.

[25]

QUESTION 2

Read the scenario and answer the following questions.

Loice is Gravida 1 Para 0, gestation 12 weeks. She reported at Mbabane Public Health Unit (PHU) today for the initial antenatal care (ANC) visit (booking visit).

2.1 Discuss the objectives of this initial antenatal visit for Loice. **Consider 5 points. (15 marks).**

2.2 Explain the current obstetric history that the midwife will obtain from Loice and give rationale for each point. **Consider 5 points. (10marks).**

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QUESTION 3

Pregnant women are expected to have essential screening tests done during pregnancy to identify any threats to the life of both the mother and the fetus. Thereafter the midwives and other health providers should institute appropriate preventive, promotive and curative care to promote the health of both the mother and the fetus. The midwife is also expected to perform a physical examination which includes paying special attention to abdominal examination.

3.1 Explain the screening tests performed on pregnant women during the initial (booking) visit.

Consider 4 points. (12 marks).

3.2 Explain the significance/ importance of abdominal examination during pregnancy.

(13marks).

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