

**UNIVERSITY OF ESWATINI**  
**FACULTY OF HEALTH SCIENCES**  
**DEPARTMENT OF MIDWIFERY SCIENCES**  
**FINAL EXAMINATION: NOVEMBER, 2019**

**COURSE TITLE : POSTPARTUM WITH COMPLICATIONS**  
**COURSE CODE : MID506**  
**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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GRANTED BY THE INVIGILATOR**

## 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.

Susan has been diagnosed with a thromboembolic condition after delivery of her baby through caesarean section and is on Heparin therapy. Question 1.1 to 1.6 refer to this scenario

- 1.1 What could be the possible cause?
- A. Early ambulation
  - B. Postpartum haemorrhage
  - C. Dehydration
  - D. Clot in leg veins
- 1.2 Which of the following is an obstetric risk factor to thromboembolism?
- A. Increase in clotting factors
  - B. Pregnancy
  - C. History of previous thromboembolism
  - D. Obesity
- 1.3 Which of the following conditions is **NOT** a thromboembolic condition?
- A. Renal calculi
  - B. Thrombophlebitis
  - C. Deep vein thrombosis
  - D. Pulmonary embolism
- 1.4 Which medication would be contraindicated for Susan?
- A. Myogel
  - B. Paracetamol
  - C. Aspirin
  - D. Glycerin suppositories
- 1.5 Which of the following instructions would be **INCORRECT** for Susan?
- A. 'Heparin requires monthly blood prothrombin index to determine dose'
  - B. 'Avoid home remedies'
  - C. 'Avoid exercises'
  - D. 'Heparin cannot be continued at home'
- 1.6 What advice would be appropriate for Susan?
- A. Remain on strict bed rest
  - B. Ambulate lightly
  - C. Cross legs while sitting
  - D. Avoid elevating her legs

1.7 Which of the following conditions is associated with pulmonary embolism?

- A. Thrombophlebitis
- B. Hypovolaemia
- C. A low prothrombin level
- D. Deep vein thrombosis

1.8 Why are diuretics not recommended in the management of hypertension in the postpartum period?

- A. Exaggerates postural hypotension
- B. Causes Pulmonary oedema
- C. Increases blood viscosity
- D. Results in abnormal blood chemistry

1.9 Which one among the listed drugs is recommended to reduce blood pressure in an emergency situation?

- A. Diazepam
- B. Hydralazine
- C. Magnesium sulphate
- D. Frusemide

1.10 Which of the following conditions is associated with HELLP syndrome?

- A. Hypovolemnia
- B. Diabetes mellitus
- C. Pre-eclampsia
- D. Systemic infection

A few days after delivery, Dali comes back to the clinic with the following complaint **“I feel like my breast milk is insufficient”** Question 1.11 and 1.12 refer to this sentence

1.11 As the midwife in attendance what would you do?

- A. Observe breastfeeding, checking the baby’s attachment
- B. Reassure Dali that her concern is only psychological
- C. Squeeze the breast and assess milk production
- D. Inform her that it is still early for milk let down

1.12 What is the main cause of ‘breast milk insufficiency’?

- A. Poor diet
- B. Poor attachment to the breast
- C. Nipple problems
- D. Not breastfeeding at night

Dama had caesarean section a few days ago due to big baby. She is recovering well but you fear she may be at risk of developing puerperal infection. Question 1.13 to 1.15 refer to this scenario.

1.13 Which of the following may present in a client diagnosed with puerperal sepsis?

- A. Persistent lochia rubra
- B. Hyperbilirubinaemia
- C. Retroverted uterus
- D. Sub-involution of the uterus

- 1.14 Which of the following intrapartum intervention would prevent puerperal sepsis?
- A. Avoid repeated and unnecessary vaginal examinations
  - B. Deliver the client immediately after ruptured membranes
  - C. Provide a prophylactic broad spectrum antibiotic
  - D. Monitor vital signs closely (Every 30minutes)
- 1.15 Which one among the listed is an essential advice to give Dama?
- A. Restore your muscle tone by lifting heavy loads
  - B. Enlist in an exercise program from first week postpartum to promote healing
  - C. Ambulate in order to promote blood circulation to the entire body
  - D. Remain in bed most of the time to promote rest and enhance healing
- 1.16 It is possible to prevent urinary tract infections. Which is the most convenient prophylaxis treatment?
- A. Clean with water after passing urine
  - B. Take over the counter effective antibiotics
  - C. Drink a lot of water more than 3litres per day
  - D. Take prophylactic urinary diuretics once a day
- 1.17 After a delivery of the baby, the placenta is retained. What should be the midwife's immediate action?
- A. Perform a manual removal of placenta
  - B. Encourage ambulation to promote descent of the placenta
  - C. Pull on the cord to facilitate separation of placenta
  - D. Repeat an oxytocic agents to stimulate uterine contractions
- 1.18 Which one of the following is a severe sign of impending eclampsia
- A. Oedema
  - B. Oliguria
  - C. Loss of memory
  - D. Hypertension
- 1.19 Which one of the following is associated with Puerperal psychosis?
- A. Visual and auditory hallucinations
  - B. Drowsiness
  - C. Awake most of the time
  - D. Withdrawn
- 1.20 Which of the following conditions is associated with Vesico vaginal fistula?
- A. Puerperal infection
  - B. Incoordinate uterine action
  - C. Prolonged pressure of the foetal skull on the urethra
  - D. Cephalo pelvic disproportion

[20marks]

## SHORT ANSWER QUESTIONS

- 1.21 Describe the midwifery management of the following common breast problems of the puerperium
- 1.21.1 Mastitis (3)
  - 1.21.2 Breast engorgement (3)
  - 1.21.3 Sore nipples (3)
  - 1.21.4 Blocked ducts (3)
  - 1.21.5 Perceived breast milk insufficiency (3)
- [35marks]**

### QUESTION 2

2.1 A student midwife gives you a report that Ndamo, now para 1 who delivered Forty-Eight (48hrs) hours ago has reported back from home feeling unwell. The student is suspecting puerperal infection.

- 2.1.1 Describe the signs and symptoms Ndamo would present with that are suggestive of the diagnosis (5)
- 2.1.2 After assessment you confirm the diagnosis of puerperal infection due to severe infection of the episiotomy. Discuss Ndamo's specific management in the next 48hours. (15)

**[20marks]**

### QUESTION 3

3.1 Philile, a Para 4 who delivered 15minutes ago at Matsebula clinic is bleeding profusely from the genital tract.

- 3.1.1 Explain the four (4) major causes of bleeding from the genital tract that would threaten Philile's life. (10)
- 3.1.2 Upper vaginal wall and cervical tear is suspected, describe the specific emergency interventions you would employ as the midwife taking care of Philile before referral. (10)

**[20marks]**

**TOTAL [75 marks]**