



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

**TITLE OF PAPER : NORMAL PUERPERIUM AND POSTNATAL CARE**  
**COURSE CODE : MWF403**  
**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 CARRY EQUAL MARKS**
- 5. USE BULLETS FOR ANSWERING, WHERE APPLICABLE**
- 6. THIS PAPER CONSISTS OF NINE PAGES**

**THIS PAPER SHOULD NOT BE OPENED UNTIL PERMISSION IS GRANTED BY THE INVIGILATOR**

## QUESTION 1

The following are 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, 1.30 A

- 1.1 Lee is Para 2 and she presents to the clinic 7 days after normal childbirth with history of very painful breasts. She is breastfeeding. On assessment, the midwife makes a diagnosis of engorged breasts. Which of the following is **BEST** advice for the mother?
- A. Complete emptying of the breast, over handle the breast to minimize the pain, and wear a tight fitting bra to support the breast
  - B. Wear a tight fitting brassiere to minimize the pain, complete emptying of the breast, and ensure proper latching
  - C. Continue breastfeeding to relieve the pressure on the breast, ensure complete emptying of the breast and ensure proper latching
  - D. Wear a well fitting brassiere, ensure complete emptying of the breast and stop breastfeeding
- 1.2 Which of the following are some of the maternal danger signs in the puerperium period?
- A. Excessive bleeding, engorged breasts and constipation
  - B. Excessive bleeding, calf pain on dorsiflexion of the leg and headaches accompanied by symptoms of eclampsia
  - C. Excessive bleeding, perineal pain and headaches accompanied by symptoms of eclampsia
  - D. Excessive bleeding, calf pain on dorsiflexion of the leg and diuresis
- 1.3 A nurse-midwife is preparing to assess the uterine fundus of a client in the immediate post partum period. When the nurse-midwife locates the fundus, she feels that the uterus is soft and boggy. Which of the following would be the **MOST** appropriate initial intervention?
- A. Massage the uterus until it is firm
  - B. Elevate the mother's legs
  - C. Expel clots
  - D. Encourage the mother to void

1.4 Which gland is responsible for secreting oxytocin into the bloodstream to aid in the “let down reflex” during breastfeeding?

- A. Posterior pituitary gland
- B. Pineal gland
- C. Pancreatic gland
- D. Anterior pituitary gland

1.5 What is the normal average weight of the uterus by the end of six weeks?

- A. 70 grams
- B. 65 grams
- C. 60 grams
- D. 50 grams

1.6 What is the midwife’s **BEST** intervention for a woman who reports that she cannot urinate after normal childbirth?

- A. Immediately refer her to the obstetrician for further care
- B. Advise the woman to place her hands in cold water to stimulate urinary sensation
- C. Catheterise the woman to empty the bladder
- D. Advise the woman to increase her fluid intake to fill the bladder

1.7 What happens to the outer decidua of the uterus during the process of involution which occurs after childbirth?

- A. Is completely covered by 21 days post childbirth
- B. Regenerates and produces a covering epithelium
- C. Is replaced by a smaller decidua
- D. Is excreted in urine

1.8 Which **ONE** of the following factors might lead to a decreased supply of breast milk in a post partum breastfeeding mother?

- A. Frequent feedings

- B. An alcoholic drink
- C. Supplemental feedings with formula
- D. Maternal diet high in Vitamin C

1.9 A Para 1 Gravida 2 woman presents to the clinic with history of suspecting that she is pregnant. The woman has a four and a half months old baby. She is breastfeeding, had no maternity leave at work and is not on any contraceptive method. She asks the midwife if it possible for her to be pregnant. What would be the midwife's best response?

- A. It is not possible because you are breastfeeding, and during the first six months after childbirth, you are not expected to be pregnant as your body is not ready for a pregnancy.
- B. It is possible because since you are working, there is a possibility of breastfeeding partially, which facilitates ovulation and menstruation
- C. It is not possible because only non breastfeeding women can be pregnant from as early as two months after childbirth as ovulation and menstruation resume earlier.
- D. It is possible because every woman of child bearing age can become pregnant, regardless of whether she is breastfeeding or not

1.10 Which **ONE** of the following **BEST** describes the location of the human breast in the body?

- A. Superficial fascia between the 3<sup>rd</sup> and 8<sup>th</sup> intercostal cartilage
- B. Superficial fascia between the 1<sup>st</sup> and 7<sup>th</sup> intercostal cartilage
- C. Superficial fascia between the 1<sup>st</sup> and 8<sup>th</sup> intercostal cartilage
- D. Superficial fascia between the 2<sup>nd</sup> and 6<sup>th</sup> intercostal cartilage

1.11 Which **ONE** of the following represents the milk flow pathway during breastfeeding?

- A. Ducts, clusters of alveoli, glands, nipple
- B. Glands, clusters of alveoli, ducts, nipple
- C. Clusters of alveoli, glands, ducts, nipple
- D. Clusters of alveoli, ducts, gland, nipple

1.12 What is the weight of the human breast during lactation?

- A. 600-800 grams
- B. 500-600 grams
- C. 200-300 grams
- D. 800-1000 grams

1.13 Nono is a 22 year old Para1 woman who wants to be initiated on the Intra Uterine Contraceptive Device (IUCD). As part of counselling, the midwife explains to Nono about the side effects for the IUCD. Which of the following side effects are **MORE** specific to IUCDs?

- A. Bleeding, decreased libido, weight gain, dyspareunia
- B. Bleeding, sepsis, depression, amenorrhoea
- C. Bleeding, headaches, weight gain, amenorrhoea
- D. Bleeding, vaginal discharge, pain, upper genital tract infection

1.14 As part of the postpartum assessment, the nurse-midwife examines the breasts of a breastfeeding first time mother who is one day post- partum. What does she expect to find?

- A. Leakage of milk at let down
- B. Swollen, warm and tender, secretes colostrum
- C. Soft, non-tender, colostrum is present
- D. A few blisters and a bruise on each areola, with colostrums secreted

1.15 Which statement **BEST** describes the action of Progestin –only contraceptives

- A. Impede the ascent of sperm to the fallopian tubes
- B. Reduce the ability of the sperm to fertilize an ovum
- C. Inhibit follicular development and prevents ovulation

D. Inhibit sperm penetration by increasing the viscosity of the cervical mucus

1.16 What is the role of the Foramen Ovale in foetal circulation?

- A. Sends the blood to the organs in the lower half of the foetal body.
- B. Allows most of the blood that leaves the right ventricle to bypass the lungs
- C. Take deoxygenated blood back to the placenta for oxygenation
- D. Allows highly oxygenated blood to pass from right atrium to left atrium

1.17 For initiation of respirations in the neonate, which of the following situations trigger chemoreceptors in the body?

- A. Anaemia, hypoxia, gasping
- B. Hypoxia, acidosis, hypercapnoea
- C. Light, touch, hypothermia
- D. Noise, heat, hypoxia

1.18 A newborn has just been delivered through a spontaneous vaginal delivery (SVD). At 1 minute, the neonate has a slow and irregular breathing; an absent heart rate, has central cyanosis, is flaccid, and shows some flexion of extremities. Which **ONE** of the following best indicates the Apgar score for the neonate at 1 minute?

- A. 0/10
- B. 1/10
- C. 2/10
- D. 3/10

1.19 Which **ONE** of the following statements **BEST** describes how the midwife should interpret the Ballard Score on the maturity rating scale, to determine the gestational age of neonates?

- A. The total neuromuscular score is compared against the weeks in the rating sheet
- B. The total physical maturity score is compared against the weeks on the rating sheet
- C. The total neuromuscular score is added to the total of the physical maturity score, and compared against the weeks on the rating sheet

D. Each sign on the neuromuscular maturity sheet and on the physical maturity sheet are compared against the weeks on the rating sheet

1.20 Which **ONE** of the following statements **BEST** describes the emerging and suppression of the MORO reflex?

- A. It emerges in utero from 18 weeks, and disappears by 6 months after birth
- B. It emerges in utero from 8-9 weeks, and is inhibited by 4 months after birth
- C. It emerges in utero from 11-12 weeks, and is inhibited by 2-3 months after birth
- D. It emerges in utero from 7-8 weeks, and is inhibited by 6 months after birth

1.21 Neonates are susceptible to infection from birth onwards, even though they have acquired some immunoglobulins in utero. Which immunoglobulin when elevated at birth is suggestive of intra-uterine infection?

- A. IgC
- B. IgG
- C. IgM
- D. IgA

1.22 When does the anterior fontanelle of the neonate close after birth?

- A. At 12-36 months
- B. At 6-18 months
- C. At 6 months
- D. At 2-3 months

1.23 You are a midwife working in the postpartum ward. A mother brings her baby to you, reporting that the baby is bleeding. On assessment, the midwife notices that the bleeding comes from the umbilical cord stump. Which one of the following would be the **BEST** action by the midwife?

- A. Remove the original umbilical cord clamp and re-in force by applying a new umbilical cord clamp
- B. Add another umbilical cord clamp and do not remove the original clamp
- C. Notify the paediatrician because bleeding is a danger sign for the neonate
- D. Assure the mother that this bleeding will pass and that she needs to monitor the baby.

1.24 Which **ONE** set of responses in the following, predisposes the kidneys of a neonate to extra workload?

- A. Diarrhoea and vomiting, regulated intravenous fluids, renal injury
- B. Incorrect feeding, infections, diarrhoea and vomiting
- C. Infections, diarrhoea and vomiting, regulated intravenous fluids
- D. Diarrhoea and vomiting, breastfeeding, renal injury

1.25 A woman gives birth to a baby who has a birth weight of 3.5kilograms, and a weak sucking reflex. The midwife requests the mother to express breast milk so that the neonate can be fed. What is the recommended amount of milk that the neonate should be given on day two, in 3hourly each feed?

- A. 210 mls
- B. 26.25 mls
- C. 8.75 mls
- D. 70 mls

[25 Marks]

## Question 2

2.1 List 3 micronutrients that women in the post partum period should be supplemented with

(3)



2.2 Explain the significance of health education on maternal and neonatal danger signs in the post partum period (4)

2.3 Describe specific HIV management for an HIV exposed female neonate at six weeks of age. The neonate has a weight of 4.8 kilograms and is breastfeeding (10)

2.4 Discuss the physiological changes that occur in neonates after birth, with reference to the neurological system (7)

2.5 You are a midwife working in the post partum ward. During monitoring of mothers and neonates, you identify a neonate with a temperature of 34.3° C. You then decide to measure the blood glucose level, and it reads 2.2mmol/L. Explain the effect of hypothermia on blood glucose levels (1)

[25]

### QUESTION 3

3.1 Discuss the care of a woman and her baby in the immediate post partum period (15)

3.2 Discuss the management of the following maternal minor disorders of the puerperium:

3.2.1 Constipation (2)

3.2.2 Headaches (3)

3.3 Explain how the midwife can minimise the occurrence of psychological and emotional instability to women in the post partum period (5)

[25]

**Total [75 Marks]**