



**UNIVERSITY OF ESWATINI**

**FACULTY OF HEALTH SCIENCES**

**DEPARTMENT OF MIDWIFERY SCIENCE**

**FINAL EXAMINATION: JUNE , 2021**

**TITLE OF PAPER : NORMAL PUERPERIUM AND POST NATAL 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 EACH POINT IN YOUR ANSWER WHERE APPLICABLE**
- 6. THIS PAPER HAS 9 (NINE) PAGES**

**THIS PAPER SHOULD NOT BE OPENED UNTIL PERMISSION IS 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. For example, 1.30 A**

1.1 Which of the following statements describes the puerperium period?

- A. The puerperium begins after childbirth and lasts up to 6 weeks, at that period the body returns to the non-pregnancy state
- B. The puerperium begins after expulsion of the placenta and membranes up to 6 weeks, and at that period the body returns to the non-pregnancy state
- C. The puerperium begins after the first hour of childbirth lasting up to 6 weeks, and at that period the body returns to the non-pregnancy state
- D. The puerperium begins twenty four hours after childbirth lasting up to 6 weeks, and at that period the body returns to the non-pregnancy state

1.2 What are Kegel exercises useful for in post partum women?

- A. To strengthen abdominal muscles
- B. To strengthen uterine muscles
- C. To strengthen pelvic floor muscles
- D. To strengthen the emotional and psychological health of the woman

1.3 When is the Human Chorionic Gonadotrophin Hormone (HCG) not detectable in urine after childbirth?

- A. After 2 days
- B. After 7 days
- C. Between 3-4 weeks
- D. Between 5-6 weeks

1.4 A woman loses 500 millilitres of blood during childbirth. By how many points will her haemocrit level drop by?

- A. 2 points
- B. 4 points
- C. 6 points
- D. 8 points

1.5 What is the diameter of the placental site after delivery?

- A. 10 Centimetres
- B. 7.5 Centimetres
- C. 5 Centimetres
- D. 2.5 Centimetres

1.6 Which lochia contains lymph, leucocytes, cervical mucous, organisms and other debris from the healing process?

- A. Lochia Serosa
- B. Lochia Rubra
- C. Lochia Alba
- D. Lochia Cruenta

1.7 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. Advice the woman to place her hands in cold water to stimulate urinary sensation
- C. Catheterise the woman to empty the bladder
- D. Advice the woman to increase her fluid intake to fill the bladder

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

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

1.9 Which micronutrient deficiencies are post partum women at risk of?

- A. Vitamin A, D, E, K and iron deficiency
- B. Vitamin A, iron deficiency and iodine deficiency
- C. Vitamin, A, D and iron deficiency
- D. Vitamin D, iron deficiency and iodine deficiency

1.10 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, tender on palpation, secreting colostrum
- C. Soft, non-tender, colostrum is present
- D. A few blisters and a bruise on each areola, secreting colostrum

1.11 According to the World Health Organization 2013 postnatal guidelines, when should women be discharged after childbirth?

- A. 12 hours after childbirth
- B. 24 hours after childbirth
- C. When the woman reports to be feeling well with minimal vaginal bleeding, irrespective of the time of delivery
- D. When the woman reports to be feeling well with minimal vaginal bleeding, from 6 hours after childbirth

1.12 Nunu is an 18 year old, HIV negative, normotensive, Para 1 breastfeeding woman who requests for a contraception commodity before she is discharged from the postpartum ward. Which of the following commodities is ideal for Nunu?

- A. Micronor
- B. Ovrall
- C. Logynon ED
- D. Microgynon

1.13 Four days after discharge from the postpartum ward, Lilly presents to the local clinic with her mother in law who reports that Lilly displays mood swings, crying spells and difficulty with sleeping. The mother in law reports that the mood swings started one day ago. What is the condition that Lilly is suffering from?

- A. Postpartum depression
- B. Anger
- C. Postpartum blues
- D. Personal problems

1.14 When does the posterior 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

1.14A newborn has just been delivered through a spontaneous vaginal delivery (SVD). At 1 minute, the neonate has apnoeic respirations; a heart rate of 40 beats per minute, is pale, floppy, and does not respond to stimulation. What is the Apgar score for the neonate at 1 minute?

- A. 0/10

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

1.15 When do infants receive the rotavirus vaccine in the immunization schedule for Eswatini?

- A. At 6 weeks
- B. At 6 and 10 weeks
- C. At 10 and 14 weeks
- D. At 6 and 14 weeks

1.16 What is the normal respiratory range for a healthy newborn?

- A. 30-60 breaths per minute
- B. 30-70 breaths per minute
- C. 30-40 breaths per minute
- D. 30-50 breaths per minute

1.17 What is the normal range for the newborn length?

- A. 48 and 54 Centimetres
- B. 48 and 53 Centimetres
- C. 33 and 37 Centimetres
- D. 33 and 43 Centimetres

1.18 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 a neonate?

- 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

1.19 Accidentally, the midwife drops a sphygmomanometer in the postpartum ward. The midwife notices a newborn extending out her arms and legs, crying and then pulling the arms and legs back in. Which reflex is the newborn showing?

- A. Moro reflex
- B. Plantar reflex
- C. Rooting reflex
- D. Babinski reflex

1.20 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 midwifery action?

- 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.

1.21 On physical examination of the newborn after childbirth, the midwife identifies swelling of the foetal scalp over the presenting part. The swelling crosses the suture lines. What minor disorder is the newborn presenting with?

- A. Moulding
- B. Cephalohaematoma
- C. Intraventricular Haemorrhage
- D. Caput succedaneum

1.22 Baby Zoe is HIV exposed and her birth weight is 3.5 kilograms. How much Nevirapine (NVP) and Zidovudine (AZT) should be given to baby Zoe to reduce the chances of HIV infection to the newborn?

- A. 1 millilitre of NVP and 1 millilitre of AZT
- B. 1.5 millilitre of NVP and 1 millilitre of AZT
- C. 1.5 millilitre of NVP and 1.5 millilitre of AZT
- D. 1 millilitre of NVP and 1.5 millilitre of AZT

1.23 What happens to pulmonary vascular resistance when the newborn takes a first breath at birth accompanied by subsequent inflation of the lungs?

- A. Markedly increased
- B. No difference
- C. Increases and decreases
- D. Markedly reduced

1.24 Why does heat production in newborns occur in certain strategic areas?

- A. These areas have more subcutaneous fat that increase heat production during a cold exposure
- B. These areas serve as good energy stores that increase heat production during a cold exposure
- C. These areas have Brown fats which produce extra heat during a cold exposure
- D. These areas allow the neonate to shiver when exposed to cold

1.25 Thembi decides to give her newborn replacement feeds (formula) despite counselling on the benefits of breast feeding. Her baby was born today, with a birth weight of 2.5 kilograms. How much formula feeds will the newborn be given over 24 hours?

- A. 120mls
- B. 150mls
- C. 180mls
- D. 200mls



(25)

## Question 2

The following questions require short answers

- 2.1 Define lactogenesis (1)
- 2.1 Identify midwifery actions that promote bonding between the newborn and mother in the puerperium (5)
- 2.2 Explain the processes of ischaemia and autolysis that occur during uterine involution (5)
- 2.3 Describe the maternal physiological changes that occur to the vagina after childbirth (5)
- 2.4 Describe the management of a woman who presents with perineal pain in the post partum (5)
- 2.5 Explain 2 (two) maternal benefits of breastfeeding (4)
- (25)

## Question 3

The following questions are short essays

- 3.1 Describe extra uterine adaptation of the newborn with specific reference to the respiratory system (10)
- 3.2 Discuss the management of a woman and her newborn before discharge in the post partum ward (15)
- (25)

Total [75 Marks]