

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES**

TITLE OF PAPER: COMMUNITY MIDWIFERY

COURSE CODE: MID 130

FINAL EXAMINATION DECEMBER, 2008 (SEMESTER I)

TIME ALLOWED: 2 HOURS

TOTAL MARKS: 75

INSTRUCTIONS:

- 1. ANSWER A TOTAL OF FOUR (4) QUESTIONS**
- 2. QUESTION ONE AND TWO ARE COMPULSORY**
- 3. FIGURES IN BRACKETS INDICATE MARKS ALLOATED TO EACH OR PART OF A QUESTION**
- 4. ANSWER ANY OF THE QUESTION ON A NEW PAGE**

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QUESTION 1: MULTIPLE CHOICE: (COMPULSORY)

Instructions:

Write down the number of the question and the letter indicating the correct answer. For example: 1.C in your answer sheet.

1. Which infant should receive a pre-school health card?
 - a) All infants
 - b) Only infants born in hospital;
 - c) Only infants who have problems with the perinatal period
 - d) Only infants whose mothers cannot regularly attend the clinic

2. How can a breast feeding mother in the community improve her milk supply?
 - a) By feeding the infant frequently
 - b) By schedule feeding every 4 hours
 - c) By drinking a lot of milk
 - d) By drinking a lot of coffee

3. During your home visits in the community you find a breast feeding woman who has delivered with cracked nipples, what advice would you give to this woman?
 - a) To stop breast feeding and give formula feeds
 - b) Apply antiseptic cream to the nipples
 - c) Give the mother daily penicillin
 - d) Allow some colostrum or hind milk to dry on the nipples after each feed.

4. Tetanus presents with:
 - a) Paralysis
 - b) Purpura
 - c) Muscle spasm
 - d) A distended abdomen

5. If a bottle fed infant in the community has oral thrush, the bottle should be:
 - a) Boiled
 - b) Soaked in soapy water
 - c) Thrown away after each feed

- d) Washed with tap water
6. The bereavement process:
- a) Is normal
 - b) Is not experienced by well educated people
 - c) Is only seen in very emotional people
 - d) Should be prevented if possible to help the family members to get over the death of their relatives
7. What is usually the first stage in the bereavement process?
- a) Anger
 - b) Denial
 - c) Depression
 - d) Bargaining
8. A gay couple is raising the son of one of the men. The midwife caring for this family should recognise that:
- a) The son has an increased likelihood of being gay himself
 - b) Research indicates that children of homosexual parents appear to grow and thrive as well as children in heterosexual families
 - c) The son will have difficulties developing a sexual relationship with a female partner
 - d) The gay and lesbian, family form is common in Swaziland
9. When palpating the small breast of a young slender woman, the midwife should:
- a) Wear sterile gloves
 - b) Lift hands when moving from one segment of the breast to another
 - c) Use both hands
 - d) Follow a systematic, overlapping pattern
10. A midwife instructed a female client regarding self-examination of external genitalia. Which of the statements made by the client will require further instruction? I will:
- a) Perform this examination at least once a month especially if I change sexual partner or am sexually active.
 - b) Become familiar with how my genitalia look and feel so that I will be able to detect changes.
 - c) Use the examination to determine when I should get medications at the pharmacy for yeast infections
 - d) Wash my hands thoroughly before and after I examine myself

11. A midwife is going to perform a pelvic examination on a female client. Which of the following nursing actions would be least effective in enhancing the client's comfort and relaxation during the examination?
- a) Encourage the client to ask questions and express feelings and concerns before and after the examination
 - b) Ask the client questions and express feelings and concerns before and after the examination
 - c) Allow the clients to keep her shoes and socks on when placing her feet in the stirrups
 - d) Instruct the client to place her hands over diaphragm and take deep, slow breath
12. When assessing women, it is important for the midwife to keep in mind the possibility that they are victims of violence: The midwife should:
- a. Use an abuse assessment screen during the assessment of every woman.
 - b. Recognise that abuse rarely occurs during pregnancy
 - c. Assess a woman legs and back as the most commonly injured areas.
 - d. Notify the police immediately if abuse is suspected
13. Which of the following statements is most accurate regarding persons who should participate in preconception counselling?
- a) All women and their partners as they make decisions about their reproductive future including becoming parents.
 - b) All women during their child bearing years
 - c) Sexually active women who do not use birth control
 - d) Women with chronic illness such as diabetes who are planning to get pregnant
14. Men who are likely to abuse their female partners often exhibit:
- a) Low self-esteem
 - b) High degree of assertiveness
 - c) Ability to express feelings verbally
 - d) Lack of interest in spending time with the partner that they are abusing

15. A midwife caring for pregnant women needs to be aware that physical abuse during pregnancy can result in :
- a) Excessive weight gain as a result of the appropriate intake of food to reduce stress
 - b) Use of alcohol or tobacco as a means of coping
 - c) Post-term pregnancy
 - d) Pregnancy induced hypertension
16. Which of the following women is most likely to seek assistance when battered?
- a) Woman with a career
 - b) Woman battered for the first time
 - c) Woman who as a child saw her mother being abused by her father
 - d) Woman who has been abused herself
17. After being raped a woman often progresses through three stages of the rape-trauma syndrome. A characteristic behaviour of the outward adjustment phase would be:
- a) Rapid mood swings
 - b) Desire to discuss the rape with someone
 - c) Efforts to ensure personal safety including buying a gun
 - d) Nightmares and eating disorders
18. Infections of the female mid-reproductive tract are dangerous primarily because these infections:
- a) Are asymptomatic
 - b) Cause infertility
 - c) Lead to pelvic inflammatory diseases
 - d) Are difficult to treat effectively
19. A finding associated with human papilloma-virus (HPV) infection would include which of the following?
- a) White curd like adherent discharge
 - b) Soft papillary swelling occurring singly or in clusters
 - c) Vesicles progressing to pustules and then to ulcers
 - d) Yellow to green frothy malodorous discharge

20. A recommended medication effective in the treatment of vulvo-vaginal candidiasis would be:
- a) Metronidazole
 - b) Clotrimazole
 - c) Penicillin
 - d) Acyclovir
21. When providing a woman recovering from primary herpes, which information regarding the recurrence of herpes infection of the genital tract, the midwife would tell her.
- a) Fever and flu like symptoms will precede a recurrent infection
 - b) Little can be done to control the recurrence of infection
 - c) Transmission of the virus is only possible when lesions are open draining
 - d) Itching and tingling often occurs prior to the appearance of vesicle
22. A single young adult woman received instruction from the midwife regarding the use of an oral contraceptive. The woman would demonstrate a need for further instruction if she:
- a) Stops asking her sexual partners to use condoms with spermicide
 - b) Enrols in a smoking cessation programs
 - c) Takes a pill every morning
 - d) Uses a barrier method of birth control if she misses two or more pills
23. A woman with an IUD should confirm its placement by checking the IUD's string:
- a) Before each menstrual cycle
 - b) After intercourse
 - c) At the time of ovulation
 - d) During menstrual bleeding
24. Lifestyle and sexual practices can affect fertility. Which of the following practices could enhance a couple's ability to conceive?
- a) Male wears boxer shorts instead of briefs
 - b) Female assumes a supine position with hips elevated for 1 hour after intercourse
 - c) Couple only uses water soluble lubricants if needed during intercourse
 - d) Male relaxes in a hot tub every day after work

25. A pregnant woman at 10 weeks gestation exhibits the following signs of pregnancy during a routine prenatal check-up. Which one would be categorized as a probable sign of pregnancy?
- a. Human chorionic gonadotropin in the uterus
 - b. Breast tenderness
 - c. Morning sickness
 - d. Fetal heart sounds

[25 MARKS]

QUESTION 2 (COMPULSORY)

“Write “T” if True or “F” false for each of the following statements.

1. The neonatal period refers to the first week of an infant’s life **T F**
2. Births of unmarried women are frequently related to less favourable outcomes because there are typically a large number of adolescents in this group. **T F**
3. A sub culture’s beliefs and practices related to child bearing and parenting must be assessed for each woman and family representing that culture. **T F**
4. Breast examination is an example of secondary prevention **T F**
5. Immunization programs are an example of a tertiary prevention **T F**
6. The perinatal continuum of care starts with family planning and ends when the infant is 1 year of age **T F**
7. When documenting a home visit, the midwife should avoid statements such as a “no change” or same as last visit **T F**
8. The gay and lesbian family form is common in Swaziland **T F**
9. A woman’s ethnicity influences her health risks behaviours. **T F**
10. Men and women are more alike than different in terms of their physiological response to sexual excitement and organism. **T F**

[10 marks]

SECTION 2

CHOOSE ANY 2 QUESTIONS

QUESTION 1

Thandi and Themba are considering the possibility of giving birth to their second baby at home. They have been receiving prenatal care from a community midwife who is experienced with home birth. Their 5 year old son and both sets of grandparents want to be present for the birth.

A. Discuss the decision making process that Thandi and Themba should follow to ensure that they make an informed decision that is right for them and their family.

10 Marks

B. Themba and Thandi decide that home birth is an ideal for them. Outline the preparation measures you would recommend to Thembi and Thandi to ensure a safe and positive experience for everyone.

10 Marks

TOTAL 20 MARKS

QUESTION 2

Thembisile plans to use a combination oestrogen – progestin oral contraceptive.

- a) Describe the mode of Action of this type of contraception **5 Marks**
- b) List the advantages of using oral contraception. **5 Marks**
- c) Identify the factors that, if present in Thembi's health history would constitute absolute or relative contra-indication. **5 Marks**
- d) Cite the side effects that can occur in terms of oestrogen excess and deficiency and progestin excess and deficiency. **5 Marks**

TOTAL 20 MARKS

QUESTION 3

Sibongile, the mother of a newborn tells the midwife, “I know that I should get my baby immunized, but I have heard that each shot is so expensive and there are so many of them. Since I am breastfeeding, my baby is protected from infection anyway. Do you think it would be alright to wait until the baby’s first birthday? Then he will need fewer shots”. Describe how the midwife should reply to Sibongile.

[20 MARKS]