

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
FINAL EXAMINATION QUESTION PAPER, MAY, 2009**

TITLE OF PAPER: NORMAL MIDWIFERY

COURSE CODE: MID 111

DURATION: TWO (2) Hours

TOTAL MARKS: 75

- INSTRUCTIONS:**
- 1. THE PAPER CONSISTS OF SECTIONS A and B**
 - 2. SECTION A: ANSWER BOTH QUESTIONS**
 - 3. SECTION B: ANSWER ONLY ONE QUESTION**
 - 4. ALL QUESTIONS CARRY EQUAL MARKS**
 - 5. READ THE QUESTIONS CAREFULLY**
 - 6. FIGURES IN BRACKETS INDICATE MARKS
ALLOCATED TO A QUESTION OR PART OF A
QUESTION**
 - 7. START EACH QUESTION ON A FRESH PAGE**
 - 8. DO NOT CHEAT OR ELSE YOU WILL BE PENALISED**

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(MID111) NORMAL MIDWIFERY

FINAL EXAMINATION QUESTION PAPER, MAY 2009

SECTION A

Answer both questions from this section: Choose the most appropriate response e.g. 1.26 D. Each correct answer carries one (1) mark. Total: 25 marks

QUESTION 1

1. Signs of onset of true labour include:-
 - a) Rupture of membranes and show
 - b) Show and very painful uterine contractions
 - c) Regular painful contractions and presence of show
 - d) None of the above

2. The following is true about normal labour:-
 - a) Occurs between 37-39 weeks
 - b) Occurs any time during pregnancy
 - c) Occurs at term and onset is spontaneous
 - d) All the above

3. The fetal skull can allow for moulding during labour because:-
 - a) The bones are made of cartilage
 - b) The bones are membranous
 - c) There is incomplete ossification of bones
 - d) All the above

4. The duration of labour is calculated from the time of:-
 - a) Rupture of the membranes
 - b) Observation of show
 - c) Onset of regular rhythmic contractions and discharge of 'show'
 - d) None of the above

5. The onset of second stage of labour is confirmed when:-
 - a) The mother feels like 'bearing down'
 - b) The mother experiences severe backache
 - c) On vaginal examination, no cervix is felt
 - d) The presenting part is seen on the perineum

6. Pethidine as opposed to morphine is preferred in labour to relieve labour pain because:
- It is stronger than morphine
 - Most women like it
 - Acts more quickly
 - Causes less respiratory depression in the fetus
7. In normal labour:
- The liquor usually has slight meconium
 - The uterine contractions usually increase in strength, duration and frequency
 - The blood pressure is monitored because it can drop significantly
 - None of the above
8. The second stage of labour ideally should:-
- be informed by the mother
 - be assisted by a doctor
 - occur in hospital only
 - not last more than an hour
9. The following is true about oxytocin except
- Oxytocin is called syntocinon in its synthetic form
 - Acts on the smooth muscles including the uterus
 - Midwives can prescribe it for induction of labour
 - All the above
10. Normal uterine contractions tend to start in the
- cervix and radiate upwards
 - fundus
 - cornua of the uterus and radiates to the fundus to push the baby down
 - All the above
11. The partogram reflects information on:-
- The maternal condition
 - The fetal condition
 - The progress of labour
 - All the above
12. The active phase of labour refers to:-
- When the cervix is 3 cms dilated and 1 cm long
 - The cervix admits a tip of a finger
 - When the cervix is fully effaced
 - All the above

13. The following is / are some of the indications that labour is progressing well:-
- Meconium stained liquor noted on vaginal examination
 - Fetal heart rate decelerating at the peak of a contraction
 - Increased descent of the presenting part corresponding with the intensity of the uterine contractions
 - All the above
14. The following is true about pain relief in labour:-
- Is limited to Pethidine only as the drug available to relieve labor pain
 - Women are educated about pain relief methods during the first stage of labour
 - Natural methods have been noted to relieve pain in labour
 - All the above
15. Occasionally an episiotomy is performed to
- Speed up delivery when the mother requests
 - Minimize risk of intracranial damage to the fetus in term babies
 - Speed up delivery in cases of fetal distress
 - All the above
16. The following factors determine the progress of the second stage of labour:-
- The maternal condition
 - The fetal condition
 - The uterine contractions
 - All the above
17. The placenta should ideally be delivered by controlled cord traction to:-
- Reduce the chances for post partum haemorrhage
 - Assist the mother with bearing down
 - To reduce the pain which the mother may experience
 - All the above
18. Signs to show that the placenta has separated include:-
- small loss of blood
 - lengthening of the cord
 - a gush of blood accompanied by lengthening of the cord
 - All the above
19. The placenta and membranes are examined to exclude:-
- Retained membranes
 - Post partum haemorrhage
 - A retained cotyledon
 - Retained products of conception

20. Lochia is the term given to the:-
- Bleeding which normally occurs soon after delivery of the baby
 - Bleeding from the genital tract within 24 hours after delivery
 - Discharges from the uterus during the puerperium
 - All the above
21. "3rd day blues" are usually attributed to:-
- Anxiety for the mother
 - Fatigue following delivery
 - Occasionally family stress
 - All the above
22. The postnatal examination at six weeks assists to
- Assess the physical well being of the mother
 - Assess the emotional well being of the mother
 - Advise about family planning and care of the baby
 - All the above
23. Research indicates that early mother-infant relationship is vital to future mental health of the baby. Which of the following statements is true about motherhood?
- A rejected pregnancy always results in a rejected infant
 - A good mother does not experience ambivalence nor anxiety
 - Ambivalence and anxiety about mothering are common
 - Maternal love is fully developed within the first week of life
24. Soon after delivery of the placenta and membranes, the nurse midwife's first priority is to:-
- Give the baby to the mother
 - Have a quick check of the placenta and membranes for completeness of the placenta
 - Inspect the perineum for lacerations
 - Check if the uterus is well contracted
25. Soon after delivery of the placenta, contraction of the uterus may be affected by:-
- The desire of the mother to wake up
 - The desire of the mother to see the baby
 - A retroverted uterus
 - A full bladder

QUESTION 2

Indicate True or False. Each correct response carries 1 mark. **Total: 25 marks**

- 2.1 The amniotic fluid aids in cervical dilatation. True / False
- 2.2 Active management of the third stage of labour is not recommended. True / False
- 2.3 The ischial spines form an important landmark on the pelvic outlet. True / False
- 2.4 In labour meconium stained liquor may indicate fetal distress. True / False.
- 2.5 A woman in labour should be encouraged to pass urine 2- 4 hourly. True / False
- 2.6 The duration of the first stage of labour in a primigravida is estimated between 12-14 hours .True / False
- 2.7 Retraction of the uterine muscle fibres occurs with each contraction during labour. True / False
- 2.8 The midwife should always do a vaginal examination to confirm the onset of labour.True / False.
- 2.9 The position of the fetus during labour can be identified by feeling for sutures on vaginal examination. True / False
- 2.10 A tight and unyielding cervix or one loosely applied to the presenting part is associated with good progress of labour.True / False
- 2.11 One of the landmarks to check when doing a pelvic assessment during labour is the curve of the sacrum. True / False
- 2.12 In between uterine contractions the uterus is usually tense. True / False
- 2.13 Culture is known to affect the perception of pain for the patient and the midwife. True / False
- 2.14 One of the risks associated with an episiotomy is increased intrapartum maternal blood loss. True / False
- 2.15 Syntometrine during labour should be given with the delivery of the anterior shoulder. True / False
- 2.16 A rising pulse during the puerperium may be an indication of infection or excessive bleeding. True / False

- 2.17 A mother who is complaining of continuous tiredness in spite of having good chances of rest may be showing early signs of depression. True / False
- 2.18 A mother who complains of after pains within 2-3 days post delivery should be referred to the doctor for assessment. True / False
- 2.19 Difficulty in passing urine post delivery may be due to bruising or lacerations. True / False
- 2.20 Any degree of anemia will reduce the chances of the mother getting infected. True / False
- 2.21 List ten factors which may interfere with the normal physiological processes of the third stage of labour. (5 marks).

SECTION B

Answer only one question.

QUESTION 3

Management of labour is every midwife's responsibility. So this calls for midwives to be knowledgeable on the labour processes and possible outcomes.

- 3.1 Describe how you as a midwife will determine that a woman is in labour. (4 marks)
- 3.3 Describe the process of performing an episiotomy under the following headings
- 3.3.1 Timing (1 mark)
 - 3.3.2 Indications (10 marks)
 - 3.3.3 Risks (10 marks)

[25marks]