

**UNIVERSITY OF SWAZILAND**  
**FACULTY OF HEALTH SCIENCES**  
**MAIN EXAMINATION PAPER, MAY 2010**

**COURSE: INTRODUCTION TO MIDWIFERY**

**COURSE CODE: NUR 300**

**TIME ALLOWED: 2 HOURS**

**TOTAL MARKS: 75 MARKS**

**INSTRUCTIONS:**

- **THIS PAPER COMPRISES OF TWO SECTIONS**
- **ALL QUESTIONS IN SECTION A ARE COMPULSORY**
- **ANSWER ANY TWO QUESTIONS OF YOUR CHOICE IN SECTION B**

## Section A

Answer all questions

### Question 1

Select the most appropriate answer in the following multiple choice questions. Selected responses should be indicated in the answer sheet, e.g. 1.4 d

1.1 The following bones make up the pelvis except one. Which one is it?

- a. Sacrum
- b. Coccyx
- c. Innominate bone
- d. Lumber vertebrae

1.2 Which of the following are functions of the fallopian tubes?

- a. It supplies the fertilised ovum with nutrition as it moved down to the uterus
- b. It hold the ovaries in place
- c. It secretes oestrogen
- d. It secretes progesterone

1.3 The ovarian cycle is comprised of three phases. Which of the following is the correct order of the phases?

- a. The menstrual phase, the proliferative phase, and the secretory phase
- b. The proliferative phase, the menstrual phase, and the secretory phase
- c. The secretory phase, the proliferative phase, menstrual phase
- d. All of the above

1.4 The name given to the endometrium during pregnancy is;

- a. Uterus
- b. decidua
- c. fundus
- d. none of the above

1.5 The process through which a fertilised ovum implants itself on the endometrium of the uterus is called;

- a. Fertilisation
- b. Adherence
- c. Nidation
- d. Accommodation

1.6 Which of the following tissues form into the placenta?

- a. Mesoderm
- b. Ectoderm
- c. Endoderm
- d. Trophoblast

1.7 Which of the following statements is true about the placenta?

- a. The placenta provides absolute protection to foetus from infection in utero
- b. The placenta provides limited protection to the foetus from infection in utero
- c. The placenta provides no protection to the foetus from infection in utero
- d. The placenta provides protection from infection by viruses to the foetus in utero

1.8 Which of the following statements is not true about the amniotic fluid?

- a. It distends the amniotic sac and allows for free movement of the foetus
- b. It equalises pressure and protects the foetus from jarring and injury
- c. It maintains a constant temperature for the foetus
- d. It is the main source of nutrients to the foetus during pregnancy.

1.9 The source of the amniotic fluid is ;

- a. The foetus
- b. Maternal
- c. Both foetal and maternal
- d. None of the above

1.10 Which of the following statements is true?

- a. Sutures are cranial joints where two bones adjoin
- b. Sutures and cranial joints are different

- c. Fontanelles are found where cranial joints and sutures meet
  - d. All of the above
- 1.11 What is the role of the cervix during pregnancy?
- a. To provide closure against external contamination
  - b. To provide a seal to prevent early expulsion of conception contents
  - c. a and b
  - d. None of the above
- 1.12 A pregnant woman shows up at the ANC clinic complaining of dyspnoea which she says has been ongoing since the first trimester of her pregnancy. Which of the following could explain this occurrence?
- a. The growing uterus makes breathing difficult from the first trimester of pregnancy
  - b. In pregnancy, there is a physiologic increased sensitivity of the respiratory centre to carbon dioxide.
  - c. Dyspnoea in pregnancy is pathologic and could indicate a respiratory disorder, especially since immunity is physiologically weakened.
  - d. None of the above
- 1.13 A pregnant woman complains of frequency in micturation. Which of the following statements would be the midwife's response?
- a. The ureters are toneless because of the progesterone effect of pregnancy.
  - b. The foetus micturates often, which increases the urine that the woman has to excrete at any given time.
  - c. There is reduced capacity of the bladder during pregnancy
  - d. All of the above
- 1.14 Nocturia in pregnancy can be attributed;
- a. The recumbent position at night which facilitates the excretion of fluid accumulated during the day as dependant oedema
  - b. The reduced capacity of the urinary bladder
  - c. The reduced tone of the ureters
  - d. All of the above
- 1.15 Bleeding of the gums in pregnancy can be attributed to;

- a. The progesterone effect
  - b. The oestrogen effect
  - c. Relaxin effect
  - d. All of the above
- 1.16 Which of the following are physiological changes of the skin related to pregnancy?
- a. Chloasma, linear nigra, strae
  - b. Strae, eczema, darkening of the skin
  - c. Linea nigra, erythema, dyspnoea
  - d. All of the above
- 1.17 All but one of the following is not an advantage of breastfeeding. Which one is it?
- a. It prevents breast cancer
  - b. It is affordable and easily available
  - c. It offers limited rest to the mother who often has to get up at night to breastfeed
  - d. It facilitates the involution of the uterus post birth
- 1.18 The significance of immunisation of the baby is explained by all but one of the following statements. Which one is it?
- a. It benefits the baby by offering protection from contracting childhood killer diseases
  - b. It benefits the community by reducing the number of human hosts that can harbour deadly infectious diseases and so control its survival
  - c. It makes the country to have a good international image, one that is free from childhood killer diseases that can kill tourists
  - d. It promotes the wellbeing of the baby
- 1.19 In the postnatal period, the uterus is expected to;
- a. Bleed for at least 40 days
  - b. Involute to its pre-pregnancy state
  - c. Shed all the layers of its walls to the muscular layer
  - d. Begin the process of menstruation after the baby has been born
- 1.20 When examining the neonate in the postnatal clinic, it is important to;

- a. Assess the baby's feeding
- b. Have the mother weigh the baby by herself
- c. Promote PMTCT, assess the baby during a feed, and give health education to the mother
- d. All of the above

1.21 Health education of family should best be addressed at which stage of the woman's childbearing life?

- a. During pregnancy
- b. In the postnatal period
- c. During labour
- d. a and b

1.22 Match the following statements on the left to the correct terms on the right;

It separates the occipital bone from the two parietal bones	Frontal suture
Lies between the two parietal bones	lamboidal suture
Separates parietal bones from frontal bones	coronal suture
Separates the frontal bones into two halves	sagittal suture

**(Total 25 marks)**

### **SECTION B**

Choose any two questions of your choice and answer them.

#### **Question 2**

It is the end of April 2009 and Nosmilo visits the ANC clinic for the first time reporting a history of complete amenorrhoea since March 2009. Nosmilo cannot recall the first day of her last menstrual period, but reports that she normally has regular periods that occur once every 4 weeks, has a moderate to heavy flow which usually lasts for five full days. Prior to the month of March 2009, Nosmilo reports having spotted for 4 days from the 25<sup>th</sup> in the month of February 2009, whilst her last normal menstrual period ended on 27<sup>th</sup> of January 2009.

- 2.1 Calculate Nosmilos's estimated date of birthing using Naegele's rule. Justify your answer by showing your working. **(5 marks)**
- 2.2 Nosmilo is puzzled at the bleeding pattern of her menstrual period between the months of January until present. Give Nosmilo a probable explanation of what could be happening from the physiological perspective of pregnancy. **(10 marks)**
- 2.3 Give Nosmilo a health education on at least 5 normal changes of pregnancy that she should anticipate as this is her very first pregnancy. State the physiological rationale for the changes. **(10 marks)**

**(Total 25marks)**

### Question 3

A midwife in an antenatal care clinic is looking after a woman who is having a first pregnancy. Describe the history that the midwife has to take from the woman under the following headings;

- 3.1 Menstrual history **(5 marks)**
- 3.2 Obstetric history **(5 marks)**
- 3.3 Biographic history **(5 marks)**
- 3.4 Social history **(5 marks)**
- 3.5 General health history **(5 marks)**

**(Total 25 marks)**

### Question 4

Describe the physical examination that a midwife undertakes when attending to a woman during antenatal care. Give a rationale for the steps taken by the midwife during the examination. **(25 marks)**