

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
MBABANE**

TITLE OF PAPER: COMMUNITY MIDWIFERY (SEMESTER 1)

COURSE CODE: MID 130

FINAL EXAMINATION: DECEMBER, 2010

TIME ALLOWED: 2 HOURS

TOTAL MARKS: 75

INSTRUCTIONS:

- 1. ANSWER ALL QUESTIONS.**
- 2. FIGURES IN BRACKETS INDICATE MARKS ALLOCATED TO EACH OR PART OF A QUESTION.**
- 3. ANSWER ANY OF THE QUESTIONS ON A NEW PAGE.**

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QUESTION 1: MULTIPLE CHOICE QUESTIONS

INSTRUCTIONS:

- a) Circle the correct answer
 - b) Each correct response carries 1 mark
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1. All of the following, **except one**, are modes of transmission of HIV:
 - a) From an HIV infected mother to her baby
 - b) Blood and other body fluids
 - c) Sexual intercourse
 - d) Sharing eating utensils with an HIV infected person

2. Factors contributing to high HIV incidence include all **but one** of the following:
 - a) Poverty
 - b) Gender inequality and gender roles
 - c) Multiple concurrent sexual partners
 - d) Mutual faithfulness among partners

3. The national HIV prevalence in the country is:
 - a) 26%
 - b) 19%
 - c) 42%
 - d) 33%

4. The HIV prevalence amongst pregnant women attending ANC is:
 - a) 26%
 - b) 19%
 - c) 42%
 - d) 33%

5. The HIV prevalence among the sexually active population (age 15-49 years) is:
 - a) 26%
 - b) 19%
 - c) 42%
 - d) 33%

6. HIV incidence refers to:
- the cumulative number of people living with HIV over a specific period
 - the number of people newly infected with HIV over a specific period
 - the existence of HIV in defined geographic area over a specific period
 - the existence of HIV in a defined population group over a specified period
7. HIV prevalence refers to:
- The cumulative number of people living with HIV over a specific period
 - The number of people newly infected with HIV over a specific period
 - The existence of HIV in defined geographic area over a specific period
 - The existence of HIV in a defined population group over a specified period
8. A pandemic disease is one that:
- Usually affects a large proportion of the population occurring over a wide geographical area e.g. section of a nation, or an entire nation.
 - Refers to occurrence of a disease in community or region.
 - Constantly occurs in a given geographical area or population group.
 - All of the above
9. Women are more at risk for HIV infection because of all of the following **except** one:
- Biological make-up of their sexual organs
 - Gender roles and expectations
 - They sleep around more than men do
 - Their CD4 cells attract HIV more than that of men
10. Which of the following has the highest risk for HIV transmission?
- Unprotected vaginal sex
 - Unprotected oral sex
 - Unprotected anal sex
 - They all carry the same risk
11. If someone with HIV has a CD4 count of 200 or less, what does that mean?
- Their immune system is very healthy
 - They no longer have HIV
 - Their immune system is very compromised and at high risk for Opportunistic infections
 - They will die within a week

12. The major common signs of HIV infection are:
- a) Unexplained weight loss of more than 10%
 - b) Unexplained chronic diarrhoea lasting over a month
 - c) Long lasting fever over a month
 - d) All of the above
13. Which of the following is a HIV definitive condition?
- a) Kaposi Sarcoma
 - b) Tuberculosis
 - c) Pneumonia
 - d) Thrush
14. At what point during sexual intercourse should the condom be put on the penis?
- a) Before the penis is erect
 - b) Just before the point of ejaculation to catch the semen
 - c) Once erect and before contact with your partner's body
 - d) None of the above is correct
15. A female condom cannot be used at the same time as a male condom because
- a) Friction may cause them to break
 - b) It is a man's responsibility to wear a condom during sex
 - c) It's bad luck to use two condoms
 - d) All of the above are correct
16. After sex, when should condoms be taken off the penis?
- a) Soon after ejaculation, before the penis goes too soft
 - b) At least an hour later
 - c) As soon as the penis is no longer erect
 - d) A and C
17. Which of the following can pass through latex condoms?
- a) HIV
 - b) Gonorrhoea
 - c) Semen
 - d) None of the above

18. Syphilis is an example of which type of STI's?

- a) Ulcerative
- b) Infestations
- c) Growths
- d) Discharges

19. Before using a condom, always:

- a) check for its expiry date
- b) ensure that it is not sticky on touch
- c) Lubricate it with Vaseline
- d) A and B

20. Open communication is essential for the prevention of HIV because:

- a) Openness promotes trust between partners
- b) It may contribute positively to correct and consistent condom use
- c) Promotes respect for each partner's feelings
- d) All of the above

21. Thandi Simelane is a 32 year old female with a 7 year history of infertility. She is being followed in the Public Health Clinic to determine the cause of infertility and for treatment. A midwife discovers Thandi crying. Thandi tells the midwife, "I never thought I'd have so much trouble getting pregnant. My sister has three children and she is 2 years younger than me". The most appropriate, initial response would be:

- A. "But at least you are going to get help with your problem now".
- B. "Try not to compare yourself with your sister. I can see how much that upsets you."
- C. "It must be difficult for you".
- D. "Pregnancy may take longer for you, but think of how happy you will be when you are pregnant."

22. Thandi's husband is also going to undergo infertility testing. Which of the following diagnostic findings would be most associated with infertility?

- A. Decreased sperm count
- B. Sperm immobility
- C. Decreased amount of ejaculate
- D. Presence of bacteria in the seminal fluid

23. Sally Vilakati, 28 year old, has been using an IUD for contraception for the past 4 years. She has decided to have it removed and is consulting the midwife to discuss birth control alternatives. Which of the following elements of Sally's health history would contraindicate the use of oral contraceptives?

- A. Dysmenorrhea
- B. Diabetes mellitus
- C. Hypertension
- D. Pelvic inflammatory disease

24. Sally expresses interest in a diaphragm but fears it will not protect her adequately. The midwife should explain that:

- A. A diaphragm is effective but closely associated with toxic shock syndrome.
- B. A diaphragms may be easily dislodged during intercourse
- C. A diaphragms need to remain in place for 2 hours following intercourse
- D. A diaphragms should be refitted after weight gain or pregnancy

25. Sally explains that she is sexually active with multiple partners. She asks "Will the diaphragm protect me from getting VD?" The midwife best response would be which of the following:

- A. Limiting your sexual contacts is the best protection
- B. Research shows that many sexually transmitted diseases are prevented by continued use of the diaphragm
- C. The use of condom by the male partner is a good form of protection
- D. Diaphragm may actually increase the risk of venereal infection

TOTAL MARKS= 25

QUESTION 2

As a student midwife, you may be assigned to assist a health care provider during the performance of a pelvic examination for one of the clients who has come to the clinic for an antenatal care assessment.

Describe how you would:

- A. Prepare your client during the examination. **3 MARKS**
- B. Support you client during the examination. **3 MARKS**
- C. Assist your client after the examination. **4 MARKS**

TOTAL=10 MARKS

QUESTION 3

Positioning the baby properly when you are breast feeding is very important.

- A. What are the 4 key points of positioning a baby to the breast? **2 MARKS**
- B. Mention the 4 key points of good attachment of the baby to the breast. **2 MARKS**
- C. State the results of poor attachment of the baby to the breast. **6 MARKS**
- D. Discuss the psychological benefits of breastfeeding **5 MARKS**

TOTAL=15 MARKS

QUESTION 4

Discuss in detail the Socio-cultural practices that affect maternity care services in Swaziland in relation to Family Planning practices, during Antenatal Care Period and other daily activities and home chores.

TOTAL 25 MARKS