

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES**

TITLE OF PAPER: COMMUNITY MIDWIFERY SEMESTER 2

COURSE CODE: MID 131

FINAL EXAMINATION: MAY, 2011

TIME ALLOWED: 2 HOURS

TOTAL MARKS: 75

INSTRUCTIONS:

- 1. ANSWER ALL QUESTIONS**
- 2. THERE ARE TWO (2) SECTIONS.**
- 3. FIGURES IN BRACKETS INDICATE MARKS ALLOCATED TO EACH OR PART OF A QUESTION.**
- 4. ANSWER ANY OF THE QUESTIONS ON A NEW PAGE**

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SECTION A: MULTIPLE CHOICE QUESTIONS

Instruction: Write the number and the letter that corresponds to the best response,

e.g. 7. a

1. Regarding the epidemiology of HIV in Swaziland
 - a. 41.1% of women presenting to ANC were HIV positive.
 - b. Swaziland has the 2nd highest prevalence of HIV in the world.
 - c. 26% of women presenting to ANC were HIV positive.
 - d. 19% of women presenting to ANC were HIV positive.

2. What measurements are critical when assessing growth and development in children at every clinic visit
 - a. Body surface area
 - b. Weight/length and height
 - c. Subcutaneous fat
 - d. Both a, and c.

3. Which of the following is NOT an enzyme used by HIV–exposed babies?
 - a. There is no risk of babies becoming HIV infected through breast milk
 - b. The WHO recommends formula feeding of HIV –exposed infants in situations where such feeding is deemed to be Acceptable, Feasible, Affordable, Safe and Sustainable.
 - c. Formula provides better nutrition than breast milk and is always preferable.
 - d. Formula and breast milk given at the same time increases the risk of HIV transmission.
 - e. Both c and a are true.
 - f. Both b and d are true.

4. Which of the following is NOT an enzyme used by HIV in replication which might serve as a target for antiretroviral therapy?
 - a. Reverse transcriptase
 - b. Protease
 - c. Integrase
 - d. None of the above (all of the above are used by HIV in replication and could serve as targets for antiretroviral therapy).

5. Which of the following body fluids has a low risk for transmission for HIV
 - a. Blood.
 - b. Urine.
 - c. Semen.
 - d. Breast milk.

6. A thorough assessment of a family 's readiness to begin ARVs should include an evaluation of:
 - a. Client and/or caregiver knowledge about HIV.
 - b. Social support system.
 - c. Willingness to commit to life-long treatment.
 - d. All of the above

7. Which of the following infant feeding practices has the highest risk for postnatal transmission of HIV?
 - a. Exclusive formula feeding.
 - b. Mixed feeding.
 - c. Exclusive breast feeding.
 - d. All of the above.

8. Which level of adherence is required in order to maximize the effectiveness of antiretroviral and to minimize the risk of resistance?
 - a. Between 70% and 95%.
 - b. Less than 69%.
 - c. Greater than 95%.
 - d. Between 25% and 50%.

9. Which is part of prevention of childhood HIV infection?
 - a. Prevention of unintended pregnancies.
 - b. HIV testing of women during pregnancy.
 - c. Single dose nevirapine given to the baby at delivery.
 - d. HAAT for women during pregnancy if they qualify for ARVs.
 - e. All of the above.

10. When should children be told about their HIV status?
 - a. When they are 12 years old.
 - b. When they enter senior secondary school
 - c. Children should never be told their HIV status since they will not live long enough to need to know.
 - d. Starting at a young age with simple explanations, increasing in complexity as the child matures.

11. Which of the following is the most common mode of transmission of HIV infection to children?
 - a. Sexual transmission.
 - b. Transfusion of infected blood.
 - c. Un-sterile drinking water.
 - d. Mother-to-child transmission (MTCT).

12. Thandi Dlamini is a 23 year old married female experiencing her first pregnancy. Thandi's husband accompanies her during a seventh month prenatal visit. He asks the nurse midwife "Is it okay to have sex?" The best response is:
- It's best to avoid intercourse in the third trimester.
 - Intercourse increases the risk of preterm labour.
 - Intercourse increases the risk of infection.
 - There is no reason to stop having intercourse as long as you both are comfortable.
13. Zodwa Shabangu is a 33 year old female with a 7 year history of infertility. She is being followed at the Public Health Clinic to determine the cause and to treat her infertility. All of the following elements of Zodwa's history would contribute to infertility except:
- A 4 year history of oral contraceptive use.
 - Endometriosis.
 - Pelvic inflammatory disease.
 - Obesity.
14. Nobuhle Dlamini is a 29 year – old female, gravida 1, para 0, who is being seen in at the Public Health Clinic for her first prenatal visit by the nurse-midwife. Which of the following assessments would not be routine in an initial pre-natal visit.
- Blood Pressure.
 - Weight.
 - Fundal height.
 - Pelvic examination.
15. At a subsequent prenatal visit, Nobuhle asks the nurse midwife, "When will I be able to feel the baby move?" The nurse-midwife's response should be:
- Late in the first semester.
 - Late in the second trimester
 - In the middle of the second trimester
 - Late in the third trimester

16. Nobuhle complains of constipation. The nurse midwife should recommend which of the following?

- a. Take 30 cc of mineral oil as needed.
- b. Increase fibre and fluids in her diet.
- c. Discontinue prenatal iron supplements.
- d. Use enema every 4 hours as needed.

17. Fikile Ndzabandzaba is a 22 year old married female experiencing her first pregnancy. Fikile and her spouse plan to attend preparation for labour and delivery classes during the ANC period. The primary goal of the classes is to:

- a. Facilitate a painless labour and delivery.
- b. Teach breathing techniques that promote adequate fetal oxygenation.
- c. Expose the male partner to the process of labour and delivery.
- d. Enhance the labouring couple's ability to cope during labour.

18. Fikile is planning to breast feed her baby after delivery. In preparation for breastfeeding, during the ANC period she should be encouraged to:

- a. Rub her nipples briskly with a rough wash cloth.
- b. Wear a supportive brassiere.
- c. Apply warm compresses to her breasts twice daily.
- d. Increase dietary calcium.

19. Pinky Bhembe decided to use a diaphragm for contraception. Which form of patient instruction would be most effective to teach Pinky how to use it?

- a. Show her a video.
- b. Provide her with a booklet with diaphragm.
- c. Involve her in an instruction class.
- d. Encourage her to practice insertion, following a brief explanation.

20. Baby Bawinile aged 4 months is brought to the well baby clinic for routine well care visit. The midwife performs an evaluation of her motor development. The midwife would expect to see mastery of which of the following gross motor skills?

- a. While in prone position, she lifts her head and chest and bears weight on her forearm.
- b. She rolls easily from her back to her abdomen.
- c. She sits alone, leaning on her hands for support.
- d. She wilfully rolls from her abdomen to her back.

21. The midwife should recognize which of the following as examples of fine motor skills development at age 4 months of Bawinile?

- a. She uses the grasping reflex to pick up small objects.
- b. Her hands are predominately closed.
- c. She can transfer objects from one hand to another.
- d. She is unable to voluntarily grasp an object.

22. Children who are raised in violent homes may:

- a. Learn to repeat family patterns either by becoming abusers themselves.
- b. Be too intelligent in class.
- c. Be loving and caring.
- d. Be very strong and never get sick.

23. Lenore Walker's model of a cycle of violence consists of three phases. Which are these phases?

- a. The tension-building state.
- b. The tension –destruction state.
- c. The acute battering incident.
- d. The kindness and loving behaviour.
- e. All of the above except b.
- f. all of the above except d.

24. Physical abuse for child involves the infliction of bodily injury that results from:

- a. Beating.
- b. Punching.
- c. Kicking.
- d. Burning.
- e. All of the above.
- f. All of the above except e.

25. The consequences of abuse during pregnancy can result to:

- a. Pre-term labour and delivery.
- b. Rupture of uterus, spleen diaphragm and liver
- c. Post-natal depression.
- d. Increased blood flow of the uterus.
- e. All of the above except c.
- f. All of the above except d.

25 MARKS

SECTION B

QUESTION 1.

Male involvement is very crucial in improving women's health in Swaziland.

Discuss the common myths that might hinder the promotion of male involvement in sexual and reproductive health promotion in Swaziland? **15 MARKS**

QUESTION 2.

Briefly discuss the strategies that can be employed to encourage male involvement in sexual and reproductive health in Swaziland. **10 MARKS**

QUESTION 3.

Swaziland is a signatory to the United Nations Millennium Development Goals (MDGs) Declaration amongst 189 member countries in 2000. Achieving the MDGs will provide a platform for Swaziland to accomplish the objective of becoming the first-world country. Discuss each of the 8 MDGs targets in detail towards achieving the MGDs by 2015.

25 MARKS