

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF GENERAL KURSING
SEMESTER ONE

MAIN EXAMINATION PAPER NOVEMBER /DECEMBER 2010

Course Code	NUR 316
Course Title	Maternal Health Promotion
No of Students	29
Duration	Two hours
Total Marks	75

INSTRUCTIONS

1. Answer ALL questions.
2. Write all your answers in the provided answer booklet.
3. Read all questions thoughtfully.
4. HANDWRITING MUST BE LEGIBLE TO AVOID LOSS OF MARKS.
5. Figures in brackets represent marks allocated per question, or a part thereof.
6. The paper has a total of 8 pages (including the cover page)

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SECTION A
Multiple choice questions

INSTRUCTION

Select the most appropriate response and write it in the answer book.

Example: 1 = a 2 = d

1. The very first menstrual period that marks the transition between girlhood and womanhood is known as
 - a. mittelsmertz
 - b. menarche.
 - c. meconium.
 - d. menses. [1]

2. Which one of the following structures found in the human body plays an important role of regulating the menstrual cycle? The
 - a. thyroid gland.
 - b. hypothalamus.
 - c. pituitary gland.
 - d. adrenal gland [1]

3. In which phase of the menstrual cycle is the hormone oestrogen secreted in relatively large quantities?
 - a. Menstrual period.
 - b. Post ovulatory phase.
 - c. Pre-ovulatory phase.
 - d. During ovulation. [1]

4. The hormone progesterone is secreted by
 - a. the cervical glands.
 - b. oviducts.
 - c. the corpus albicans.
 - d. the corpus luteum. [1]

5. One of the following glands is associated with the secretion of the follicle stimulating hormone (FSH). The
 - a. thyroid gland.
 - b. hypothalamus gland.
 - c. pituitary gland.
 - d. thalamus gland. [1]

6. If Rebecca's last menstrual period was from 23rd through 26th June 2010, In which trimester is her pregnancy to this day? The
 - a. fourth trimester.
 - b. third trimester.

- c. second trimester.
d. first trimester. [1]
7. The recommended route for administering tetanus toxoid in pregnant women is
a. intramuscularly.
b. subcutaneously.
c. intradermally.
d. parentally. [1]
8. In order to be considered as fully immunized against tetanus for the rest of her child bearing period, a woman needs to be administered with a total of
a. 2 TT injections.
b. 3 TT injections.
c. 5 TT injections.
d. 6 TT injections. [1]
9. If a pregnant woman was administered with the second dose of tetanus toxoid on 28th October 2010, the third dose is due on
a. 28th December 2010.
b. 28th January 2011.
c. 28th April 2011.
d. 28th May 2011. [1]
10. Onset of true labour in a pregnant woman who is at term is characterized by
a. onset of regular painful contractions that start off short in duration weak in strength and gradually become longer and stronger.
b. the appearance of a show.
c. rupturing of membranes.
d. any one of the above. [1]
11. Immediately post delivery the woman discharges
a. lochia albicans.
b. lochia serosa.
c. lochia rubra.
d. lochia spongiosa. [1]
12. Post partum women are now required to go for their initial post natal check up
a. from 7 to 10 days post delivery
b. after 14 days onward.
c. after a month.

- d. in 6 weeks time. [1]
13. The second post natal check up after delivery is conducted at
- a. 12 weeks.
 - b. 10 weeks.
 - c. 8 weeks.
 - d. 6 weeks. [1]
14. Progesterone only pills are recommended for lactating women
- a. indefinitely.
 - b. for up to 8 weeks post delivery.
 - b. for up to 16 weeks post delivery.
 - c. for up to 24 weeks post delivery.
 - d. for up to 32 weeks. [1]
15. Lactating women who are using microval pills may switch on to
- a. norplant implant.
 - b. nuristerate enanthate.
 - c. Cu-T 280.
 - d. any of all the above. [1]
16. Which one of the following acronyms is associated with combined oral contraception?
- a. ECHAS
 - b. ACHES
 - c. HACHES.
 - d. CAHES. [1]
17. In which part of the cycle of violence does the perpetrator demonstrate actions that are full of remorse? The stage of
- a. tension building.
 - b. calm/honeymoon.
 - c. battering/storming.
 - d. deep thinking. [1]
18. The following are not considered as a non-contraceptive benefits of nuristerate enanthate, EXCEPT:
- a. galactorrhoea (excessive production of breastmilk).
 - b. weight gain.
 - c. haemorrhage.
 - d. relief of dysmenorrhoea. [1]

19. The duration of contraceptive effectiveness of Cu-T380 is approximately
- a. 8 years.
 - b. 5 years.
 - c. 2 years.
 - d. 12 months only. [1]
20. Post bilateral tubal ligation,
- a. there is need to continue using whatever family planning method that was in use prior to the operation.
 - b. the couple must also use a back up method in addition to continuing with the regular family planning method.
 - c. a special x-ray of the fallopian tubes must be done to confirm whether the operation has been a success or not.
 - d. the woman will not conceive if she had sexual intercourse immediately after her surgery. [1]
21. Which one of the following pregnant women who are seeking antenatal care is considered to be at low risk? The
- a. 38-year old home maker.
 - b. 16-year old out of school adolescent.
 - c. 20-year old home help.
 - d. 45-year commercial sex worker. [1]
22. A positive rapid protein reaction test on a pregnant woman suggests the presence of
- a. gonorrhoea
 - b. human immunodeficiency virus infection.
 - c. syphilis.
 - d. sexually transmitted infections. [1]
23. The sperm is capable of surviving in the female genital tract for only
- a. 3 minutes only.
 - b. 3 hours.
 - c. 3 three days.
 - d. 3 weeks. [1]
24. The following are all danger signals of the combined oral contraception family planning method EXCEPT
- a. severe abdominal pain.
 - b. severe bleeding per vaginum.
 - c. severe pain in the calf muscles.
 - d. severe headache. [1]

25. A positive spinnberkeit sign to a couple wishing to conceive signals that
- a. ovulation has not yet taken place.
 - b. ovulation has taken place.
 - c. there is mild pelvic infection.
 - d. there is too much eostrogen. In the blood stream. [1]
26. When a client forgets to swallow one of her lo-femmenal tablet as expected, she should
- a. swallow the forgotten tablet as soon as she remembers and do not bother about using a back up method.
 - b. swallow the forgotten tablet as soon as she remembers them and use a back up method.
 - c. swallow the forgotten tablet together with the one for that day in the evening.
 - d. forget about the rest of the cycle, abstain and patiently wait for her next menses. [1]
27. The dosage of nuristerate enanthate is
- a. 150 mg per 1 ml.
 - b. 150 mg per 2 ml.
 - c. 200 mg per 1 ml.
 - d. 200 mg per 2 ml. [1]
28. Which one of the following is an actual nursing diagnosis?
- a. Altered body mass, less than body requirement, related to food insufficiency as evidenced by client not eating three meals a day, clothes that are loose fitting and a body mass of only 45.6 kg.
 - b. Potential for compromised immune system related to food shortage.
 - c. Altered emotional state, low spirit due to depression.
 - d. Potential for urinary tract infection related to insufficient fluid intake as evidenced by client drinking less than one liter in 24 hours, dry skin and a coated tongue. [1]
29. The hormone progesterone is predominant in the
- a, menstruating phase.
 - b. post ovulation phase.
 - c, pre-ovulation phase.
 - d. during actual ovulation. [1]
30. The menstrual cycle is triggered through
- a. positive feedback mechanism via the blood stream to the brain.
 - b. negative feedback mechanism via the blood stream to the brain.
 - c. nerve impulse feedback from the uterus to the brain

- d. the central nervous system. [1]
31. The inter administration interval between the last two doses of tetanus toxoid on a pregnant woman is
- a. six weeks apart.
 - b. six months apart.
 - c. twelve weeks apart.
 - d. twelve months apart. [1]
32. One of the following acronyms is associated with the intra uterine contraceptive device method of family planning.
- a. FAKES.
 - b. PAINS.
 - c. CAINS.
 - d. BAINS. [1]
33. Ovulating lasts approximately
- a. 6 hours
 - a. 12 hours.
 - b. 18 hours.
 - d. 24 hours. [1]
34. A family planning method with a high PEARL Index (PI) is considered to be
- a. very effective.
 - b. very safe.
 - c. not so effective.
 - d. not so safe. [1]
35. Combined oral contraception pills with 0.025 mg and 500 mg oestrogen and progesterone contents, respectively, are classified as
- a. standard dose COC pill.
 - b. high dose COC pill
 - c. low dose COC pill.
 - d. medium dose COC pill. [1]

SECTION B

INSTRUCTION

Answer as directed by each question or a part thereof.

Question 1

One of the causes of compromised health among Swazi women is spouse abuse. A substantial number of Swazi women experience this type of interaction from their spouses on a daily basis.

- 1.1 Define the term 'spouse abuse'. (2) [2]
- 1.2 List any four perspectives through which spouse abuse may be conceptualized (1 x 4). [4]
- 1.3 Describe any four causes of family violence in Swaziland. (2x4) [8]
- 1.3 Describe any four effects of abuse by her spouse on the health of a pregnant women. (2 x 4_4) [8]
- 1.4 Give an outline of three ways you as a concerned community health nurse would use to put to an end spousal abuse in your community of residence. (1 x 3) [3]
- [25 points]

Question 2

Home visiting is an integral component of community health nursing practice.

- 2.1 List any 6 pieces of equipment/materials you would need in order to give health education to a middle aged woman at home who has recently been diagnosed as suffering from type 2 diabetes mellitus. (/2 x 6) [3]
- 2.2 Describe any three benefits of conducting home visits by the community health nurse. (2 x 3) [6]
- 2.3 Discuss any three challenges Swazi community health nurses confront when planning to conduct home visits. (2x3) [6]



CALENDARS

2009

January							February							March							April							May							June						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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2010

January							February							March							April							May							June						
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2011

January							February							March							April							May							June						
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