

**UNIVERSITY OF SWAZILAND**

**FACULTY OF HEALTH SCIENCES**

**FINAL EXAMINATION PAPER, MAY 2013**

**TITLE OF PAPER: INTRODUCTION TO MIDWIFERY**

**COURSE CODE : NUR 300**

**DURATION : TWO (2) HOURS**

**TOTAL MARKS : 75**

**INSTRUCTIONS:**

- 1. ANSWER ALL QUESTIONS**
- 2. ALL QUESTIONS CARRY EQUAL MARKS**
- 3. FIGURES IN BRACKETS INDICATE MARKS ALLOCATED TO A QUESTION OR PART OF A QUESTION**
- 4. STATE EACH QUESTION ON A FRESH PAGE**

**THIS PAPER SHOULD NOT BE OPENED UNTIL PERMISSION HAS BEEN GRANTED BY  
THE CHIEF INVIGILATOR**

**INSTRUCTIONS:**

1. IN THE FIRST SIXTEEN (16) QUESTIONS, SELECT THE MOST CORRECT RESPONSE.
2. IN YOUR ANSWER SHEET WRITE THE LETTER AGAINST THE CORRESPONDING NUMBER e.g.1.6 – B
3. EACH CORRECT RESPONSE WILL EARN ONE MARK.

**Question 1.1**

Which of the following muscles primarily supports the vagina?

- A. Bulbocavernosus
- B. Ischiocavernosus
- C. Transverse perinei
- D. Gluteus medius

(1)

**Question 1.2**

From menarche through to the menopause childbearing women undergo the process of ovulation. In a 28 day cycle, ovulation takes place:

- A. The first day of the menstrual cycle.
- B. The last day of the menstrual cycle.
- C. Half way between the menstrual cycle.
- D. One week preceding menstruation.

(1)

**Question 1.3**

You are teaching a group of teenagers about anatomy physiology of the female reproductive organs. One of them asks about the functions of a vagina and you explain that a vagina is a canal that extends from the lower part of the vulva to the body EXCEPT:

- A. Passageway for menstrual blood.
- B. Passageway for fetus.
- C. Organ of copulation.
- D. Development and expulsion of ova.

(1)

**Question 1.4**

In instructing Thandekile about her nutritional needs during pregnancy, you would tell her that she should not increase which of the following food group?

- A. Calories.
- B. Protein.
- C. Fat.
- D. Iron.

(1)

**Question 1.5**

In giving antenatal instructions to Thoko, you would tell her that:

- A. It is alright to take drugs during pregnancy because they do not cross the placenta.
- B. Smoking has little effect on the developing foetus.
- C. Sports should always be avoided during pregnancy.
- D. Frequent rest periods should be planned to avoid needless fatigue.

(1)

**Question 1.6**

If the client's L M P is 20 November 2012, her E D D will be.

- A. 27 / 8 / 13.
- B. 20 / 8 / 13.
- C. 27 / 9 / 13.
- D. 13 / 9 / 13.
- E. 13 / 7 / 13.

(1)

**Question 1.7**

What advice should you give to a pregnant client who is constipated?

- A. Avoid gas-forming vegetables.
- B. Avoid taking a prescribed iron supplement for a few-days.
- C. Take a mild over the counter laxative.
- D. Increase fluid intake.
- E. A and C.

(1)

**Question 1.8**

In assessing foetal position, abdominal palpation will help to determine all of the following EXCEPT:

- A. Engagement of presenting part.
- B. Foetal lie.
- C. Foetal position.
- D. Placental placement (1)

**Question 1.9**

Which of the following are NOT effects of oestrogens?

- A. Proliferation of uterine endometrium.
- B. Production of cervical mucus.
- C. Leucorrhoea during pregnancy.
- D. Mid- pregnancy drop in the blood pressure.
- E. Fluid retention. (1)

**Question 1.10**

A client asks your advice regarding alcohol intake during pregnancy, which of the following would you advise her to do:

- A. She can drink alcohol as it is not harmful to the fetus.
- B. She should avoid alcohol as at pregnancy it is not known how much is safe.
- C. She should avoid alcohol in the first trimester.
- D. She can drink alcohol but in moderation. (1)

**Question 1.11**

Which of the following combinations have two positive signs of pregnancy?

- A. Amenorrhoea and breast enlargement quickening.
- B. Abdominal enlargement and quickening.
- C. Softening of the cervix and uterine enlargement.
- D. Foetal heart heard, fetal movement felt by the examiner. (1)

**Question 1.12**

A woman who is ten (10) weeks pregnant complains of frequency of micturition, the cause of this is:

- A. Relaxing effect of progesterone on the bladder.
  - B. Relaxing effect of progesterone on the pelvic floor.
  - C. At this stage of pregnancy the uterus becomes more anteverted and anteflexed and presses on the bladder.
  - D. Cystis.
- (1)

**Question 1.13**

A drug commonly given for pain relief in labour is:

- A. Phenergan.
  - B. Morphine.
  - C. Paracetamol.
  - D. Pethidine.
- (1)

**Question 1.14**

The best management for supine hypotensive syndrome is:

- A. To maintain longitudinal position.
  - B. To lie client flat with feet elevation.
  - C. To lie client on her left lateral side.
  - D. To maintain supine position with head elevated.
- (1)

**Question 1.15**

Physiologic anaemia during pregnancy is a result of:

- A. Increased blood volume in the mother.
  - B. Decreased dietary intake of iron.
  - C. Decreased erythropoiesis after first trimester.
  - D. Increased detoxification demands on the mother's liver.
- (1)

**Question 1.16**

The puerperium is the period following delivery when all organs and systems return to their pre-pregnant state, it lasts for:

- A. 2 weeks.
- B. 2 – 4 weeks.
- C. 4 – 6 weeks.
- D. 6 – 8 weeks
- E. 6 – 10 weeks.

(1)

**Question 1.17**

List five (5) aims of antenatal care

(5)

**Question 1.18**

Mention three (3) blood investigations that are performed routinely at the first antenatal clinic visit.

(3)

**Question 1.19**

Which is the principal site of hormone production in a pregnant woman

(1)

TOTAL MARKS= 25

**Question 2**

2.1. It is essential for the pregnant woman to exercise but gently. Elaborate on this topic pointing out the benefits of such exercise.

(10)

2.2. Write about clothing in pregnancy

(10)

2.3. State any five (5) aims of postnatal care

(5)

Total marks = 25

**QUESTION 3**

Write an informative account on:

**3.1. Physiological changes in the skin, the hair and nails during pregnancy.(13)**

**3.2. Name the diameters of the:**

**3.2.1 Pelvic brim (3)**

**3.2.2 State each point of origin and insertion. (6)**

**3.2.3 Give their measurements (3)**

**TOTAL MARKS = 25**

**GOOD LUCK!**

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