

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
SUPPLEMENTARY EXAMINATION PAPER, JULY 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. START EACH QUESTION ON A FRESH PAGE**

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

INSTRUCTION: IN THE FIRST TWENTY ONE (21) QUESTIONS, SELECT THE MOST CORRECT RESPONSE. IN YOUR ANSWER SHEET WRITE THE LETTER AGAINST THE CORRESPONDING NUMBER
e.g. 1.7 – D.

EACH CORRECT RESPONSE EARNS ONE MARK

Question 1.1

Fertilization commonly takes place in;

- A. Posterior fornix to the vagina
- B. Ampulla of the fallopian tube
- C. Uterine cavity
- D. Isthmus of the fallopian tube (1)

Question 1.2

Which of these hormones directly controls ovarian function?

- A. Oestrogen and progesterone
- B. Follicle stimulating hormone and progesterone
- C. Oestrogen and luteinizing hormones
- D. Follicle stimulating hormone and luteinizing hormones (1)

Question 1.3

The epididymis is:

- A. Passage for sperms
- B. Storage for sperms
- C. Selection chamber
- D. All of the above
- E. B and C (1)

Question 1.4

You are recording a pregnant woman's history, she tells you she has had four (4) pregnancies, one (1) of these pregnancies terminated at ten (10) weeks and one (1) child died at birth. The other two (2) children are alive and well. This woman is described as a:

- A. Gravida 5 para 3
- B. Gravida 5 para 4
- C. Gravida 5 para 2
- D. Gravida 4 para 2 (1)

Question 1.5

In pregnancy, the muscle fibres of the uterus increase in size by the process of:

- A. Hypertrophy
- B. Hypertrophy and hyperplasia
- C. Hypertrophy and autolysis
- D. Aplasia (1)

Question 1.6

Which of the following are NOT effects of oestrogens:

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

Question 1.7

A balanced diet in pregnancy is important for:

- A. The health of the woman
- B. The developing foetus
- C. The alleviation of minor disorders of pregnancy
- D. Both A and B
- E. A, B and C are correct

(1)

Question 1.8

Progesterone has which of the following physiologic effects:

1. Increase the tortuosity of the tubular endometrial glands
2. Stimulates secretion of the endometrial glands
3. Increases body temperature after ovulation through the fallopian tubes
4. Facilitates transport of fertilized ovum through the fallopian tubes
5. Inhibits uterine motility during pregnancy

CHOOSE: your answer from the alphabets below

- A. 1 and 3
- B. 2 and 4
- C. 1, 2, 3 and 4
- D. All of the above

(1)

Question 1.9

Thoko says 'if I am pregnant, when will my baby be due?' you respond "I will teach you how to calculate dates according to Naegele's rule'. You then explain that, to estimate the date from the first day of her menstrual period,

- A. Subtract 3 months and add 7 days
- B. Add 8 days and subtract 4 months
- C. Subtract 7 months and add 8 days
- D. Subtract 7 days and add 5 months

(1)

Question 1.10

Plasma volume increases during pregnancy and reaches maximum level by the:

- A. 28 – 31st week
- B. 32 – 34 week
- C. 36 – 38th week
- D. 38 – 39th week
- E. 38 – 40th week

(1)

Question 1.11

A 28 year old gravida 3 complains of morning sickness, you can help her overcome this by suggesting she should:

- A. Eat nothing until the nausea subsides
- B. Take an antacid before bedtime
- C. Request her doctor to prescribe an anti – emetic
- D. Eat dry toast before arising

(1)

Question 1.12

Thandekile says, 'I feel so different since I am pregnant'. Which of the following is an expected characteristic of the altered emotional changes that take place during pregnancy?

- A. Quick mood changes
- B. Violent outburst
- C. Complete rejection of pregnancy
- D. Emotionally insecure

(1)

Question 1.13

In teaching Thoko about her body, she should be told that changes in the uterus during pregnancy include all of the following EXCEPT:

- A. Increase in size and number of blood vessels
- B. Atrophy of muscle cells
- C. Hypertrophy of lymphatic system
- D. Development of elastic tissue increasing contractibility (1)

Question 1.14

Which of the following best describes the gynaecoid type of pelvis:

- A. Wedge shaped inlet, prominent ischial spines, deep and narrow pubic arch
- B. Inlet oval shaped from front to back, adequate mid-pelvis and outlet, variable ischial spines
- C. Rounded inlet, non – prominent ischial spines, wide and deep sacral curve
- D. Transverse oval – shaped inlet, short antero – posterior and transverse diameters, wide pubic arch, outlet wide transverse diameter (1)

Question 1.15

The duration of labour is calculated from the time when:

- A. The membranes rupture
- B. The show is passed †
- C. Backache is first noticed
- D. Regular contractions begin (1)

Question 1.16

During pregnancy the woman needs to provide an additional 500mg of iron, this she obtains from the following EXCEPT:

- A. Daily diet
- B. Her liver stores
- C. Conservation of iron due to amenorrhoea
- D. Recycling of iron following destruction of leucocytes
- E. Supplementary iron given routinely to all pregnant women (1)

Question 1.17

The range of foetal heart rate per minute is normally between:

- A. 90 – 120
- B. 100 – 150
- C. 120 – 160
- D. 110 – 170 (1)

Question 1.18

In addition to amenorrhoea, which of the following presumptive signs of pregnancy might Fikile experience before consulting her midwife.

- 1. Morning sickness
- 2. Breast tenderness
- 3. Frequent urination
- 4. Easy fatigability

CHOOSE: the answer from the alphabets below;

- A. 1 and 2
- B. 3 and 4
- C. All of the above but 4
- D. All of the above (1)

Question 1.19

A high parity client complains of backache, the cause of this could be;

- A. Type of shoes she wears
- B. Her sitting and standing posture
- C. Type of mattress she is sleeping on
- D. The effect of a hormone on the pelvic joints and ligaments
- E. All of the above
- F. None of the above

(1)

Question 1.20

The **main** cause of varicose veins in pregnancy is:

- A. Heavy uterus pressing on the pelvic veins causing congestion in the lower limbs
- B. The effect of progesterone on the smooth muscles of the veins
- C. Increase in body weight
- D. Delay in venous return from lower limbs due to increased venous return from the pelvic organs

(1)

Question 1.21

A woman's daily calorie requirement during pregnancy should be:

- A. 1000 calories
- B. 2000 calories
- C. 3000 calories
- D. 3500 calories

(1)

INSTRUCTION: for the next question, in your answer sheet, write out the information below. Fill in the blank spaces and underline your responses;

Question 1.22

During pregnancy, the blood volume increases by _____%, there is a greater increase in _____ volume than _____ volume, this causes the haemoglobin level to _____.

(4)

TOTAL MARKS = 25

QUESTION 2

- 2.1 Write about heartburn in pregnancy including its management (12)
- 2.2 What is antenatal care? Define it (3)
- 2.3 Describe 'PICA' in pregnancy (4)
- 2.4 What can cause constipation and haemorrhoids in pregnancy? State the management (6)

TOTAL MARKS = 25

QUESTION 3

- 3.1 Define the following terms:
- 3.1.1 The LIE of the foetus (3)
- 3.1.2 The ATTITUDE of the foetus (3)
- 3.1.3 PRESENTATION of the foetus (2)
- 3.1.4 POSITION of the foetus

(1)

- 3.2 You are auscultating the foetal heart, what features are worth noting in such an exercise (3)
- 3.3 What causes the supine hypotensive syndrome? State the preventive measure (5)
- 3.4 List TWO foods EACH which are rich or good sources of the undermentioned nutrients.
- 3.4.1 Calcium
- 3.4.2 Vitamin D
- 3.4.3 Iron
- 3.4.4 Fibre (8)

TOTAL = 25 MARKS

GOOD LUCK!

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