

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF GENERAL NURSING
SEMESTER V
MAIN EXAMINATION
NOVEMBER 2013

Course Code	GNS 319
Course Title	Sexual and Reproductive Health
No. of Students	43
Duration	Two (2) hours
Total Marks	Seventy-five (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 10 pages (excluding this 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 transition from girlhood to womanhood is marked by:
 - a. mittelsmertz
 - b. meconium
 - c. menses
 - d. menarche

2. The ___ plays the important role of regulating the menstrual cycle.
 - a. brain
 - b. anterior pituitary gland
 - c. hypothalamus
 - d. posterior pituitary gland

3. During the _____ phase of the menstrual cycle, oestrogen is secreted in abundance.
 - a. menstruation
 - b. post ovulation
 - c. ovulation
 - d. pre-ovulation

4. Progesterone is secreted by the:
 - a. cervical glands
 - b. ovaries
 - c. corpus albicans
 - d. corpus luteum

5. Once the infant is ___ old progesterone only pills are NOT recommended for use alone by lactating women.
- 4 weeks.
 - 4 months.
 - 6 weeks.
 - 6 months.
6. From using micro-ovum, the lactating woman may switch on to:
- norplant implant
 - nuristerate enanthate
 - Cu-T 280
 - all the above are applicable
7. Severe pain in calf muscles in a client who is on FP is associated with the ___ FP method.
- POP
 - COC
 - IUDC
 - NET-EN
8. Which one of the following is NOT classified under non-contraceptive benefits of NET-EN?
- galactorrhoea
 - weight gain
 - haemorrhage
 - relief of dysmenorrhoea

9. The duration of contraceptive effectiveness of Cu-380 is approximately:

- a. 8 years
- b. 5 years
- c. 2 years
- d. 12 months only

10. Which of the following FP methods are classified under scientific FP methods?

- a. LAM
- b. withdrawal method
- c. male and female condom methods
- d. all the above.

11. Which of the following acronyms is associated with the IUCD method?

- a. AFASS.
- b. PAINS.
- c. PAYNES.
- d. CAINS.

12. Ovulation always occurs on the _____ days of the next menstrual flow.

- a. 14
- a. 28
- b. 7
- d. 30

13. A packet of COC which displays the following hormonal ingredients: 0.025

Mg oestrogen and progesterone is 500 mg is classified under:

- a. standard dose
- b. high dose

- c. low dose
- d. medium dose

14. Which of the following FP methods has the highest Pearle Index?

- a. male condom
- b. vasectomy
- c. NET-EN
- d. IUCD

15. Hloniphile forgot to swallow her lo-femenal tablets last night. She should:

- a. swallow the forgotten tablets as soon as she remembers them and do not bother about using a back up method
- b. swallow the forgotten tablets as soon as she remembers them and use a back up method
- c. swallow the forgotten tablet together with the one for that day
- d. forget about the rest of the cycle and wait for her next menses

16. The correct dosage of NET-EN is:

- a. 200 mg per 1 ml
- b. 200 mg per 2 ml
- c. 150 mg per 1 ml
- d. 150 mg per 2 ml

17. Which of the following pregnant women is NOT at high risk?

- a. 38-year old Fikile
- b. 16-year old Dudu
- c. 20-year old Lelo
- d. 48-year old Gugu

8. Rebecca, whose first pregnancy is 21 weeks old, is in the ____ trimester.
- a. first
 - b. second
 - c. third
 - d. fourth
19. A positive rapid protein reaction (RPR) test in a pregnant woman is associated with:
- a. HIV infection
 - b. syphilis
 - c. gonorrhoea
 - d. all the above
20. The sperm may hibernate in the female genital tract for up to:
- a. 3 minutes only
 - b. 3 hours only
 - c. 3 three days
 - d. 3 weeks
21. If in one chiefdom with 280 infants, all of them received their DPT/HepB/HiB dose 1 as expected but only 150 continued going for immunization and got their DPT/HepB/HiB dose 3, the immunization coverage in this chiefdom is best described as ____.
- a. good
 - b. satisfactory
 - c. fair
 - d. poor
22. An HIV 'exposed' infant who is breastfeeding and the mother is HIV positive must be:
- a. initiated on ART
 - b. put on NVP prophylaxis

- c. put on cotrimoxazole prophylaxis
- d. none of the above

23. The dosage of albendazole given to a 12 month old infant is:

- a. 50 mg
- b. 100 mg
- c. 150 mg
- d. 200 mg

24. If the 2nd dose of TT was administered to a pregnant woman on 28th October 2013, the 3rd dose will be due on _____.

- a. 28th December 2013
- b. 28th January 2014
- c. 28th April 2014
- d. 28th June 2014

25. Which of the following activities is associated with gross motor development in infants?

- a. grasping an object with its fingers.
- b. lifting up its arm
- c. creating bubbling sounds
- d. responding to its mother by smiling

26. Development from simple to complex is seen in:

- a. a 2-week old neonate trying to move its head.
- b. a 6-month old infant saying *ba-ba-ba*
- c. a 4-month old infant responding through smiling.
- d. a 9-month old who can sit without support.

27. A dropout rate of 4% in DPT/HepB/HiB dose three immunization of infants is considered:
- a. good
 - b. bad
 - c. satisfactory
 - d. poor.
28. With which categorization of access to immunization services may infants who receive their DPT/HepB/HiB dose one but never receive their DPT/HepB/HiB dose 3, be associated?
- a. good access and good utilization
 - b. good access but poor utilization
 - c. poor access but good utilization
 - d. poor access and poor utilization
29. One of the following is NOT a component of RED:
- a. integration
 - b. planning and management of resources
 - c. linking services with communities
 - d. supportive supervision
30. If the mother is on ART, an HIV 'exposed' infant may breastfeed NOT beyond the age of:
- a. 6 weeks
 - b. 6 months
 - c. 12 months
 - d. 24 months

31. Within the context of child development, the principle of *caudal acquina* is associated with
- the infant being able to first control its head
 - the infant being able to control its urinary bladder
 - the infant starting to utter ba-ba-ba or ma-ma-ma
 - the infant being able to smile
32. The maximum age for administering the vaccine DPT/HepB/HiB dose three is:
- 11 months
 - 23 months
 - 18 months
 - 10 years
33. The maximum age for administering BCG in children is
- 5 years
 - 10 years
 - 15 years
 - 18 years
34. One of the following is NOT a characteristic of a 29 month old child with severe protein energy malnutrition:
- flabby inner thigh muscles
 - soft inner thigh muscles
 - brittle sparse hair
 - miserable and listless
35. Severe protein energy malnutrition in infants will lead to
- slow learning.
 - developmental delay

- c. stunted growth
- d. all the above

[35 points]

SECTION B

Guided Questions

INSTRUCTION

Answer as directed by each question or a part thereof.

Question 2

The Government of Swaziland places high priority on maternal health promotion.

- 2.1 Name the millennium developmental goal (MDG) that addresses maternal health promotion (1)
- 2.2 Describe the four components of the maternal health programme. (8)
- 2.3 Describe any four areas antenatal care you would select to empower a group of first time pregnant mothers with regards to promoting their own general health during pregnancy (8)
- 2.4 Write down the ANC schedule from booking to term of a first time pregnant woman who has missed one month of periods and is pregnant. (4)
- 2.5 State any four areas you would choose to empower pregnant women who are infected with HIV with regards to protecting their unborn child. (4)

[25 points]

Question 3

Mfana is 5 years old and has Down Syndrome.

- 3.1 Describe the condition of Down syndrome to a couple who have just been blessed with a baby with this condition (3)
- 3.2 Describe any two challenges that the family faces as a result of the condition of such a family member. (4)
- 3.3 Describe the roles of the following in ensuring that life is more enjoyable to live for the little boy and his family. The:

(i) social worker (2)

(ii) community health nurse (2)

(iii) pastor (2)

(iv) community police (2)

(8)

[15 points]