

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
FINAL EXAMINATION PAPER, MAY 2014

TITLE OF PAPER : REPRODUCTIVE HEALTH DYNAMICS

COURSE CODE : GNS 320

DURATION : TWO (2) HOURS

TOTAL MARKS : 75

INSTRUCIONS:

- 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**

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GRANTED BY THE CHIEF INVIGILATOR**

INSTRUCTION:

1. IN EACH OF THE TWENTY FIVE (25) QUESTIONS BELOW, SELECT THE MOST CORRECT RESPONSE.
2. IN YOUR ANSWER SHEET WRITE THE LETTER AGAINST THE CORRESPONDING NUMBER e.g. 1.8 – B
3. EACH CORRECT RESPONSE WILL EARN ONE (1) MARK

QUESTION 1

QUESTION 1.1

Menarche is a term implying:

- A. The climacteric
 - B. Age at first menstruation
 - C. A disorder of menstruation
 - D. A menopausal symptom
- (1)

QUESTION 1.2

In order for fertilization to occur following sexual intercourse, the semen loaded with spermatozoa should be deposited into the seminal pool. This is the:

- A. Anterior fornix of the vagina
 - B. Lateral fornix of the vagina
 - C. Posterior fornix of the vagina
 - D. Cervix
- (1)

QUESTION 1.3

The primordial ova found in the ovaries are:

- A. Present at birth
 - B. Develop just before puberty
 - C. Develop at the time of puberty
 - D. Develop individually during the menstrual cycle
- (1)

QUESTION 1.4

Pregnant women are likely to transmit the HIV to an unborn child:

- A. When the viral load is low
- B. During primary infection
- C. When CD4 and lymphocytes are more than 500 cell/ul
- D. When she is feeling tired

(1)

QUESTION 1.5

Progesterone has which of the following physiological effects:

- A. Increase the tortuosity of the tubular endometrial glands
- B. Stimulates secretion of the endometrial glands
- C. Increases body temperature after ovulation through the fallopian tubes
- D. Facilitates transport of fertilised ovum through the fallopian tubes
- E. 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 1.6

Busisiwe 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 the pregnancy
- D. Emotionally insecure

(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

2

E. A and C (1)

QUESTION 1.8

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

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

QUESTION 1.9

During pregnancy a woman needs how much additional iron to supply the demands of the fetus, the placenta and her own increasing haemoglobin mass:

- A. 250mg
- B. 500mg
- C. 800mg
- D. 950mg
- E. 1.900mg (1)

QUESTION 1.10

When 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 1.11

You tell Thembekile to expect changes in the breast during pregnancy. Which of the following would you NOT expect to observe? :

- A. Increase in size and firmness
- B. Superficial veins grow more prominent
- C. Montgomery's glands decrease in size
- D. Nipples become more prominent and the areola deepens in colour (1)

QUESTION 1.12

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

- A. Eat nothing until the nausea subsides
 - B. Take an antacid before bedtime
 - C. Request her obstetrician to prescribe an anti-emetic
 - D. Eat dry toast before arising
- (1)

QUESTION 1.13

During abdominal palpation, the nurse-midwife obtains information regarding the fetus. The attitude of the fetus is:

- A. The long axis of the fetus in relation to the long axis of the uterus.
- B. The fetal position in relation to the mother's pelvis
- C. The relationship of the fetal head and limbs in relation to its trunk
- D. The proximity of the fetal limbs to its body

QUESTION 1.14

The ischial spines are designated as an important landmark because the distance between the spines is:

- A. A measurement of the pelvic floor
 - B. A measurement of the inlet of the birth canal
 - C. The widest measurement of the true pelvis
 - D. The narrowest diameter of the pelvis
- (1)

QUESTION 1.15

When obtaining Thuli's health history, the nurse-midwife learns that the client frequently eats clay. One danger in this practice of pica is most likely to:

- A. Develop allergies to foods that are essential to her health
 - B. Predispose her fetus to congenital abnormalities
 - C. Crowd foods out of her diet that are important to her health
 - D. Cause her infant to have a dislike for many nutritious foods
- (1)

QUESTION 1.16

The lie of the fetus in utero is the relationship of:

- A. The long axis of the fetus to the mother's pelvis
 - B. The denominator to the mother's pelvis
 - C. The long axis of the fetus to the long axis of the uterus
 - D. The attitude of the fetus
- (1)

QUESTION 1.17

A line drawn between the inferior border of the Symphysis pubis and the sacral promontory is known as the:

- A. True conjugate
 - B. Anatomical conjugate
 - C. Diagonal conjugate
 - D. Curve of Carus
- (1)

QUESTION 1.18

The main reason why some women develop varicose veins during pregnancy is:

- A. Increase in weight
 - B. Progesterone has relaxing effect on the muscle within the vein
 - C. Heavy uterus pressing on pelvic veins
 - D. Delay in venous return from the lower limbs due to increase in the venous return from pelvic organs
- (1)

QUESTION 1.19

What is the first step to obtaining an HIV test?

- A. Drawing blood
 - B. Obtaining consent
 - C. Discussing the risk factors with the woman's husband
 - D. Counselling the woman about why she needs the test
- (1)

QUESTION 1.20

Daily fetal movement counts during pregnancy are done to ascertain:

- A. Fetal growth
 - B. Fetal congenital abnormalities
 - C. Fetal maturity
 - D. Fetal wellbeing
- (1)

QUESTION 1.21

When assessing fetal position, abdominal palpation will help determine all of the following EXCEPT:

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

QUESTION 1.22

Which of the following is NOT a positive sign of pregnancy?

- A. Fetal movements as felt by the midwife
 - B. Fetal skeleton as seen on X-ray
 - C. Fetal heart heard with a Doppler
 - D. Presence of human chorionic gonadotrophin in the urine of a woman
- (1)

QUESTION 1.23

During the embryonic period, the fetal heart starts beating at the:

- A. 3rd week of gestation
- B. 4th week of gestation
- C. 5th week of gestation
- D. 6th week of gestation
- E. 8th week of gestation

QUESTION 1.24

The increase in uterine size during pregnancy is primarily the result of which of the following factors:

- A. Development of the decidua
 - B. Formation of new muscle fibres
 - C. Increase in blood circulation to the uterus
 - D. Stretching of existing muscle fibres
 - E. B and D
- (1)

QUESTION 1.25

Babies born from an HIV positive mother should not be givenif they have signs and symptoms of AIDS.

- A. Live attenuated vaccines
 - B. Measles serum immune globulin
 - C. BCG
 - D. Inactivated polio vaccine
- (1)

QUESTION 2

2.1 Write about the occurrence of heartburn in pregnancy, its cause and outline the management. (12)

2.2 State the functions of a fully developed placenta and provide examples as necessary. (10)

2.3 You are auscultating the fetal heart, what features are worth noting in such an exercise? (3)

TOTAL MARKS= 25

QUESTION 3

3.1 Discuss importance of the following in relation to nutrition in pregnancy.

- 3.1.1 Carbohydrates (5)
- 3.1.2 Proteins (5)
- 3.1.3 Vitamins (5)

3.2 The third trimester is usually associated with increased lordosis and backache for most women. As a nurse-midwife what advice would you give with regard to backache when:

3.2.1 Sitting and, (5)

3.2.2 Standing (5)

TOTAL MARKS = 25

GOOD LUCK!!! GOOD LUCK!!! GOOD LUCK!!!