

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
MAIN EXAMINATION, QUESTION PAPER, DECEMBER, 2013.

TITLE OF PAPER: NORMAL MIDWIFERY 1

COURSE CODE: MID 110

DURATION: Two (2) Hours

TOTAL MARKS: 75

INSTRUCTIONS

1. ANSWER ALL QUESTIONS
2. MARKS IN BRACKETS INDICATE MARKS ALLOCATED FOR THE QUESTION OR PART OF THE QUESTION
3. ALL QUESTIONS CARRY EQUAL MARKS
4. READ THE QUESTIONS CAREFULLY
5. START EACH QUESTION ON A FRESH PAGE

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MID 110: NORMAL MIDWIFERY 1
MAIN EXAMINATION QUESTION PAPER, DECEMBER; 2013

QUESTION 1

Choose the most appropriate response e.g. 1.26 D. Each correct response carries one (1) mark. Total 25 marks.

1.1 The following is true about abdominal examination during pregnancy.

- a) The woman should always lie on the recumbent position
- b) The woman should always inform her husband as part of individualised care
- c) The woman should always be advised to empty the bladder first
- d) All the above.

1.2 Urinary tract infection (UTI) is one of the minor disorders in pregnancy. The following is/are some of the factors which increase(s) the risk of UTI.

- a) The midwife is always negligent in caring for pregnant women
- b) Urinary stasis as a result of the effects of progesterone on the ureters.
- c) Retention with overflow
- d) The pregnant woman practices unhygienic practices.

1.3 The vagina during pregnancy becomes purplish / bluish n colour as a result of

- a) The effect of progesterone
- b) The effect of oestrogen
- c) The effect of both progesterone and oestrogen
- d) Increased blood supply to the vagina during pregnancy.

1.4 The following is true about the operculum

- a) The operculum provides protection against ascending infection during pregnancy
- b) The operculum is a sign of the onset of true labour
- c) The operculum is one of the signs of foetal well-being during pregnancy
- d) The operculum is located posteriorly to the vagina.

1.5 Fertilisation usually occurs in theof the fallopian tubes

- a) The isthmus
- b) The ampulla
- c) The cornua
- d) The infundibulum

1.6 The functions of the mature placenta include the following

- a) Barrier to some but not all infections
- b) Respiration
- c) Excretion
- d) All the above

1.7 The amniotic fluid

- a) Protects the foetus from jarring and injury
- b) Provides secretory functions
- c) Provides large amounts of nutrients to the foetus
- d) None of the above

1.8 Sutures are cranial joints and are formed where

- a) Three bones meet
- b) Two bones meet
- c) Four sutures interact
- d) Two or more bones meet.

1.9 The following are some of the regions of the foetal skull

- a) The vault, the base and the mentum
- b) The base ,vault and brow
- c) The vault and base
- d) The face, base and vault.

- 1.10 The following physiological changes occur in the cardiovascular during a normal pregnancy,
- a) The heart enlarges about 12%
 - b) More than 90% of women develop a systolic murmur
 - c) Heart rates typically increase by about 10-15 beats
 - d) All the above.
- 1.11 The woman should gain approximatelykilograms during the duration of the pregnancy.
- a) 12.5
 - b) 10.5
 - c) 14.5
 - d) 15
- 1.12 Important obstetric landmark(s) on the pelvic brim include.....
- a) The sacrospinous ligament
 - b) The obturator foramen
 - c) The promontory of the sacrum
 - d) The ischial spines
- 1.13 During pelvic assessment; the normal intertuberous diameter should accommodate
- a) One finger
 - b) Two fingers
 - c) Four knuckles
 - d) Three fingers.
- 1.14 The last normal menstrual period of a pregnant woman is usually used to...
- a) Obtain baseline observations for the pregnant woman
 - b) Detect abnormalities of menstrual periods/menstrual cycle
 - c) Estimate the gestational age of the foetus
 - d) None of the above.

- 1.15 The unit of the placenta which helps in the survival of the foetus is called the
- Chorionic villi
 - Placenta
 - Foetal sac
 - Amniotic fluid.
- 1.16 The important landmarks on the pelvic outlet include.
- The ischial spines
 - The obturator foramen
 - The sacral promontory
 - None of the above.
- 1.17 The following is /are some of the investigations/tests done to pregnant women.
- Urine for culture and sensitivity
 - HIV screening and RPR
 - Liver function tests
 - All the above.
- 1.18 The following is true about iron metabolism in pregnancy.
- Most of the iron is transported in the second trimester.
 - Iron is mostly needed during the first trimester.
 - Most of the iron is transported to the foetus in the third trimester.
 - The foetus is in greatest need of iron during all the three trimesters.
- 1.19 Stressful and psychotic problems associated with pregnancy can be prevented through
- Provision of both physical and psychological support from the partner.
 - Receiving support from the family.
 - Receiving information, education and support from the midwives
 - All the above.

- 1.20 The following is true about wearing high heeled shoes in pregnancy.
- Provide pride for the woman.
 - Is always recommended.
 - May cause strain on the sacroiliac ligaments.
 - May cause lordosis in pregnancy.
- 1.21 The following is true about exercises to be engaged in during pregnancy
- Start exercises during pregnancy.
 - Continue with previous regular exercise regime in the first trimester.
 - Break your previous track record in athletics.
 - Exercise first thing in the morning.
- 1.22 The following is a natural way of exercising which can be encouraged during pregnancy.
- Swimming.
 - Walking
 - Working in the garden
 - Cycling.
- 1.23 The following is true about the uterus by the 12th week of pregnancy.
- It becomes an abdominal organ.
 - It is antverted.
 - It is like a globe
 - It is retroverted.
- 1.24 The following aspects should be addressed by health care workers when providing pre-conception include
- Nutrition.
 - Drugs in management of chronic conditions
 - Genetic counselling.
 - All the above.

- 1.25 Heartburn is considered one of the minor disorders in pregnancy and occurs as a result of the following (among other factors)
- a) Decreased gastric and intestinal tone
 - b) Increased gastric emptying.
 - c) Decreased intragastric pressure.
 - d) Increased food consumption by the pregnant woman during pregnancy.

QUESTION 2

Mrs X is Para 3 Gravida 4 aged 25 years, presents at Mbabane PHU for the initial (booking visit) antenatal visit. Her last normal menstrual period is 26 October 2013. She experienced mild vaginal bleeding on the 12th November 2013 for two days. Gestational period is now 10 weeks.

- 2.1 Using Naegele's rule, calculate the expected date of delivery (EDD). Show the method of calculation (2 marks).
- 2.2 Describe the past obstetric history you as a midwife will obtain from Mrs X and give rationale. Consider ten points (20 marks).
- 2.3 Briefly describe the aims of antenatal care for Mrs X and give rationale for each. Take note of the gestational age at the time of booking. Consider 3 aims only (3 marks).

QUESTION 3

One of the responsibilities of the midwife is to monitor maternal and foetal well-being during pregnancy. Describe how you as midwife will monitor and determine the following for Mrs X during the current pregnancy.

- 3.1 Maternal well-being during pregnancy (15 marks).
- 3.2 Foetal well-being (10 marks).

Total possible marks [25]