

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
FINAL EXAMINATION PAPER: MAY, 2015

TITLE OF PAPER : NORMAL PURPERIUM AND POSTNATAL CARE
COURSE CODE : MID403
DURATION : TWO (2) HOURS
TOTAL MARKS : 75

INSTRUCTIONS:

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

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Question 1

Part A: Multiple choice questions (15 marks)

Select the correct answer and write the letter that corresponds with it next to the question number, in your answer sheet. Example: 2. B

1. Which one of the following terms refers to a physical change in the uterus that occurs after childbirth?
 - A. Decompression
 - B. Decompensation
 - C. Involution
 - D. Menarche

2. The term used to enhance the close physical contact between parents and their newborn shortly after birth is:
 - A. imprinting.
 - B. early stimulation.
 - C. bonding.
 - D. attachment.

3. Which one of the following changes can be seen in puerperium?
 - A. maternal heart beat is increased 2 days after delivery
 - B. endometrium repair is resumed three weeks after delivery
 - C. Ureters will return to non pregnant state after 8 weeks
 - D. Vaginal rugae appear after 3 months from delivery

4. Which one of the following is true about puerpural changes?
 - A. total number of uterine muscular cells is not reduced
 - B. vaginal rugae occur in the third month from delivery
 - C. uterine connective tissue won't change
 - D. uterine is re-epithelialized totally in the first week of pregnancy

5. After the delivery of the newborn, you wait for the delivery of the placenta. Which one of the following observations would indicate that the placenta has separated from the uterine wall and is ready for delivery?
 - A. The umbilical cord shortens in length and changes in color
 - B. A soft and boggy uterus
 - C. Maternal complaints of severe uterine cramping
 - D. Changes in the shape of the uterus

6. What mechanism of placental extrusion starts at the periphery and the maternal surface is the first to appear at the vulva:

- A. Ritgen mechanism
- B. Schultze mechanism
- C. Duncan mechanism
- D. Sheep mechanism

7. During the "Fourth Stage" of labor, the patient should be closely monitored for postpartum hemorrhage, which could be most likely due to:

- A. Vulva haematoma
- B. Uterine Atony
- C. Perineal bleeding
- D. Uterine inversion

8. Vaginal discharge in the puerperium described as white to yellowish-white in colour after about the 10th day from delivery is known as:

- A. Lochia rubra
- B. Lochia Alba
- C. Lochia Serosa
- D. Show

9. All of the following are principles of management of puerperium **EXCEPT**:

- A. Prevention of infection
- B. Promotion of breastfeeding
- C. Supporting the perineum
- D. Provision of baby care teaching

10. What is the normal average weight of the uterus by the end of six weeks?

- A. 200g
- B. 80 g
- C. 60g
- D. 50g

11. The midwife in charge is caring for a postpartum client who had a vaginal delivery with a midline episiotomy. Which nursing diagnosis takes priority for this client?

- A. Risk for deficient fluid volume related to hemorrhage
- B. Risk for infection related to the type of delivery
- C. Pain related to the type of perineal incision
- D. Urinary retention related to periurethral edema

12. While assessing a primipara during the immediate postpartum period, the midwife in charge plans to use both hands to assess the client's fundus to:
 - A. Prevent uterine inversion
 - B. Promote uterine involution
 - C. Hasten the puerperium period
 - D. Determine the size of the fundus

13. Which one of the following would be inappropriate to assess in a mother who is breast-feeding?
 - A. The attachment of the baby to the breast.
 - B. The mother's comfort level with positioning the baby
 - C. Audible swallowing
 - D. The baby's lips smacking

14. Thirty hours after delivery, the midwife in charge plans discharge teaching for the client about infant care. By this time, the midwife expects that the phase of postnatal psychological adaptation that the client would be in would be termed which of the following?
 - A. Taking in
 - B. Letting go
 - C. Taking hold
 - D. Resolution

15. The normal heart rate of the newborn ranges between:
 - A. 120 -160 beats per minute
 - B. 130 – 160 beats per minute
 - C. 110 – 180 beats per minute
 - D. 120 – 150 beats per minute

Part B: True/false questions. (10 marks)

Indicate whether the following statements are true or false

- 1.16. Petechiae are tiny, perfectly round purplish red spots that appear on the skin as a result of minute intradermal or subcutaneous hemorrhage
- 1.17. Nevi refers to birthmark
- 1.18. Caput succedaneum: swelling or edema occurring in or under the fetal scalp during labor due to pressure of the presenting part that usually resolves within a few weeks to 2 months.
- 1.19. The baby's ability to discriminate between sounds is not developed for two or three months.
- 1.20. The surfactant prevents the walls of the baby bronchioles from adhering.
- 1.21. Immunoglobulins enhance immunity of the neonate
- 1.22. Epstein's pearls are small, white blebs found on the tongue and at the junction of the hard and soft palates; commonly seen in the newborn as a normal manifestations
- 1.23. Point of Maximal Impulse (PMI) refers to the place where the heart beat is best heard; fifth intercostal space, left sternal boarder (apex of the heart)
- 1.24. Normal length of a newborn baby is between 49 – 52 cm.

1.25. The hymenal tag is a membrane fold located at the entrance to the female sex organ.

Total marks = 25

Question 2

2.1 After delivery, the body of the uterus has to undergo a series of changes in order to return to its pre-pregnant state and this is known as involution.

Describe the process of involution of the reproductive organs (20 marks)

2.2 List the five main physiologic adjustments the baby needs to make at birth.

(5 marks)

Total marks = 25

Question 3

3.1 Explain postnatal examination and care of the mother:

- on discharge and **(10 marks)**
- at six weeks. **(10 marks)**

Total marks = 20

3.2 List five principles embraced in the advancement of physical wellbeing of the woman postpartum. **(5 marks)**

Total marks = 25