

**UNIVERSITY OF SWAZILAND**

**FACULTY OF HEALTH SCIENCES**

**SUPPLEMENTARY PAPER: JULY, 2015**

**TITLE OF PAPER : NORMAL LABOUR AND INTRAPARTUM CARE**  
**COURSE CODE : MID409**  
**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. In which of the following phases of the first stage does cervical dilation occur most rapidly?

- A. Preparatory phase
- B. Latent phase
- C. Active phase
- D. Transition phase

2. A multiparous woman who has been in labour for 2 hours states that she feels the urge to move her bowels. How would you respond?

- A. Let the woman get up to use the potty
- B. Allow the woman to use a bedpan
- C. Perform a pelvic examination
- D. Check the foetal heart rate

3. Labour is a process affected by the coordination of the five essential factors. One of these is the passenger (fetus). Which are the other four factors?

- A. Contractions, passageway, placental position and function, pattern of care
- B. Contractions, maternal physiological response, placental position, psychological response
- C. Passageway, contractions, placental position and function, psychological response
- D. Passageway, placental position and function, paternal response, psychological response

4. A G3 P0 is admitted to the labour and delivery unit. The doctor performs an amniotomy. Which observation would you be expected to make after the amniotomy?

- A. Fetal heart tones
- B. A moderate amount of straw-colored fluid
- C. A small amount of greenish fluid
- D. A small segment of the umbilical cord

5. Ms. Z is admitted to the labour unit. A vaginal exam reveals that her cervix is 2cm dilated. Which of the following statements would the midwife expect her to make?

- A. "We have a name picked out for the baby."
- B. "I need to push when I have a contraction."
- C. "I can't concentrate if anyone is touching me."
- D. "When can I get my epidural?"

6. During the first stage of labour, the midwife found fetal heart rates of 90–110bpm during the contractions. The first action the midwife should take is:

- A. Reposition the monitor
- B. Turn the client to her left side
- C. Ask the client to ambulate
- D. Prepare the client for delivery

7. The rationale for encouraging the woman who had an epidural to empty her bladder frequently is:

- A. The bladder fills more rapidly because of the medication used for the epidural.
- B. Her level of consciousness is such that she is in a trancelike state.
- C. The sensation of the bladder filling is diminished or lost.
- D. She is embarrassed to ask for the bedpan that frequently.

8. A woman telephones the emergency room stating that she thinks that she is in labour. The midwife should tell the woman that labour has probably begun when:

- a. Her contractions are 2 minutes apart.
- b. She has back pain and a blood-tinged mucous discharge.
- c. She experiences abdominal pain and frequent urination.
- d. Her contractions are 5 minutes apart.

9. Normal labour is the process by which contractions of the gravid uterus expel the foetus and other products of conception:

- A. Between 37 and 42 weeks from the last menstrual period
- B. Before 37 weeks gestation
- C. After 42 weeks gestation
- D. After 24 weeks gestation.

10. Which one of the following is true about position, attitude of the foetus in labour?

- A. Position is either cephalic or breech
- B. Attitude is either flexion or deflexion
- C. Position is the relationship of a landmark on the presenting part to the right or left side of the pelvis
- D. Position is either oblique, longitudinal or transverse

11. True onset of labour is defined by which one of the following?
- A. Passage of bloody show
  - B. Occurrence of uterine contraction
  - C. Cervical dilatation and effacement
  - D. Excessive foetal movement
12. True contractions are characterised by all of the following **EXCEPT**:
- A. Occur at regular intervals
  - B. Intervals gradually get shorter
  - C. Intensity increases
  - D. Contractions stop with sedation
13. All of the following are false contractions **EXCEPT**:
- A. Occur at regular intervals
  - B. Intensity does not change
  - C. Pain is felt primarily in the lower abdomen
  - D. Cervix dilate
14. Which one of the following is true about retraction?
- A. Relaxation after a uterine contraction
  - B. Intensity of uterine contraction in upper and lower segments
  - C. The myometrium of the upper uterine segment becomes shorter after a contraction
  - D. The pacemaker in the right cornu of the uterus
15. Which one of these is the correct statement regarding the stages of labour:
- A. First stage of labour ends with delivery of the foetus
  - B. Second stage of labour is divided into latent, and active phases
  - C. Third stage of labour lasts one hour
  - D. Third stage of labour begins immediately after delivery of the infant and ends with placental delivery.

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

Indicate whether the following statements are true or false. In your answer sheet write the correct response next to the question number that corresponds with it. Example:

9. False

16. *Braxton-Hicks contractions* are uterine contractions occurring with the onset of true labor. This is not done in error but, instead, to insure the body system is working correctly.
17. Perinatal period refers to the time when labour begins until 28 days postpartum.
18. Nulliparous refers to a female who has given birth only once.
19. Oxytocin is the endogenous hormone released from the posterior pituitary gland that acts on the uterus to trigger contractions.
20. Control of bleeding is one of the crucial interventions in the third stage of labour.
21. The false pelvis is the part above the brim and has nothing to do with childbearing.
22. In the mechanism of normal labour internal rotation follows extension of the foetal head.
23. The Acme is the period in which the intensity of the contraction increases.
24. Normal uterine contractions are involuntary, rhythmic, and intermittent.

25. The boundary between the upper and lower segments is called the physiologic retraction ring and it becomes quite marked during labour.

**Question 2**

2.1 Describe the physiologic changes that occur in the uterus during the first stage of labour? **(15 marks)**.

2.2 Describe the theories on the initiation of the onset of labour. **(10 marks)**

**Total marks = 25**

**Question 3**

Explain the third stage of labour (including the physiology of separation of the placenta and membranes) highlighting the major care points of the delivery of the placenta and membranes. **(25 marks)**