

UNIVERSITY OF SWAZILAND

FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION PAPER: DECEMBER, 2014

TITLE OF PAPER : NORMAL PUERPERIUM AND POSTNATAL CARE
COURSE CODE : MWF413
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

Select the correct answer, write down the number and the letter that corresponds to it.
For example: 1.1 d

- 1.1 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?
- Risk for deficient fluid volume related to hemorrhage
 - Risk for infection related to the type of delivery
 - Pain related to the type of incision
 - Urinary retention related to periurethral edema
- 1.2 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 ...
- Prevent uterine inversion
 - Promote uterine involution
 - Hasten the puerperium period
 - Determine the size of the fundus
- 1.3 Which of the following would be inappropriate to assess in a mother who's breast-feeding?
- The attachment of the baby to the breast.
 - The mother's comfort level with positioning the baby
 - Audible swallowing
 - The baby's lips smacking
- 1.4 Which change would the midwife identify as a progressive physiological change in postpartum period?
- Lactation
 - Lochia
 - Uterine involution
 - Diuresis
- 1.5 When the midwife on duty accidentally bumps the bassinet, the neonate throws out its arms, hands opened, and begins to cry. The midwife interprets this reaction as indicative of which of the following reflexes?
- Startle reflex
 - Babinski reflex
 - Grasping reflex
 - Tonic neck reflex

- 1.6 Immediately after a delivery, the midwife assesses the neonate's head for signs of molding. Which factors determine the type of molding?
- Fetal body flexion or extension
 - Maternal age, body frame, and weight
 - Maternal and paternal ethnic backgrounds
 - Maternal parity and gravidity
- 1.7 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?
- Taking in
 - Letting go
 - Taking hold
 - Resolution
- 1.8 The normal heart rate of the newborn ranges between...
- 120 -160 beats per minute
 - 130 – 160 beats per minute
 - 110 – 180 beats per minute
 - 120 – 150 beats per minute
- 1.9 After 3 days of breast-feeding, a postpartum patient reports nipple soreness. To relieve her discomfort, the midwife should suggest that she:
- Apply warm compresses to her nipples just before feedings
 - Lubricate her nipples with expressed milk before feeding
 - Dry her nipples with a soft towel after feedings
 - Apply soap directly to her nipples, and then rinse
- 1.10 Normal lochia findings in the first 24 hours post-delivery include:
- Bright red blood
 - Large clots or tissue fragments
 - A foul odor
 - The complete absence of lochia
- 1.11 Midwife Julia plans to instruct the postpartum client about methods to prevent breast engorgement. Which of the following measures would she include in the teaching plan?
- Feeding the neonate a maximum of 5 minutes per side on the first day
 - Wearing a supportive brassiere with nipple shields
 - Breast-feeding the neonate at frequent intervals
 - Decreasing fluid intake
- 1.12 After the fourth day in a breastfed baby, the meconium will appear as ...
- Soft, greenish yellow loose stool
 - Soft, yellow and semi-fluid stool
 - Pasty greenish stool

d. Soft, dark-brown stool

1.13 Upon assessment, the midwife got the following findings: 2 perineal pads highly saturated with blood within 2 hours post partum, PR= 80 bpm, fundus soft and boundaries not well defined. The appropriate midwifery diagnosis is:

- a. Normal blood loss
- b. Blood volume deficiency
- c. Inadequate tissue perfusion related to hemorrhage
- d. Hemorrhage secondary to uterine atony

1.14 What is the normal weight of the uterus by the end of six weeks?

- a. 200g
- b. 80 g
- c. 60g
- d. 50g

1.15 All of the following are true principles of management of puerperium **except**:

- a. prevention of infection
- b. promotion of breastfeeding
- c. supporting the perineum
- d. provision of baby care teaching

Part B: Indicate whether the following statements are true or false

1.16 Completion of labour, the uterus measures 15x 12x 7.5 cm.

1.17 Lochia have an alkaline reaction

1.18 Maternal pulse may range from 70 -90 bpm in early Postpartum period

1.19 Orthostatic hypotension of 15 – 20 mm Hg may occur in the first 24 hours secondary to analgesia, anaesthesia, or decreased pelvic vascular resistance.

1.20 By 24 hours after delivery, the cervix has shortened and becomes firmer

1.21 Lochia serosa is seen form the 10th -14th day post partum

1.22 Vaginal rugae begin to return by 3 weeks

1.23 The woman may experience urinary retention during the immediate post-birth period

1.24 A urine output of up to 1000ml/day can be observed decreasing by the 3rd Post partum.

1.25 Liver function returns to normal within 10 – 14 days after birth and is reflected in normal, non-pregnant levels of liver enzymes and lipids.

Total marks = 25

Question 2

The postpartum period is comprised of a variety of complex of physiologic and psychological adaptations. The midwife's role is important in assisting new parents through postpartum adjustments and supporting them as they make a fresh start as a new family.

Describe the physiological changes that occur in the following organs and systems during the postpartum period. Use the BUBBLE-HE assessment guide to describe the normal finding, changes, and what to expect over the next few weeks.

Total marks = 25

Question 3

Describe the physiologic changes that occur in the newborn period, highlighting the normal findings that occur immediately after delivery.

Total marks = 25