

UNIVERSITY OF SWAZILAND

FACULTY OF HEALTH SCIENCES

SUPPLEMENTARY EXAMINATION PAPER, JULY 2016

TITLE OF PAPER: REPRODUCTIVE HEALTH DYNAMICS

COURSE CODE: GNS 320

DURATION : TWO (2) HOURS

TOTAL MARKS: 75

INSTRUCTIONS:

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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INSTRUCTION:

1. in each of multiple choice question, select **the most correct response**. in your answer sheet write the letter against the corresponding number e.g., 1.15 – d.

QUESTION 1.1

The acid reaction of the vagina is caused by:

- A. Hydrochloric acid
- B. Sodium bicarbonate
- C. Lactic acid
- D. Carbonic acid
- E. None of the above

QUESTION 1.2

The cervix projects into the vault of the vagina and forms recesses. These are known as:

- A. Fossae
- B. Bossae
- C. Orifices
- D. Fornices
- E. Rugae

QUESTION 1.3

Lobes on the maternal surface of the placenta are called:

- A. Villi
- B. Lacunae
- C. Trophoblast
- D. Cotyledons



QUESTION 1.4

The two gonadotrophic hormones secreted by the anterior pituitary gland are:

- A. Oestrogen and progesterone
- B. Oestrogen and oxytocin
- C. Follicle stimulating hormone and luteinising hormone
- D. Prolactin and oxytocin

QUESTION 1.5

The muscle layer of the uterus is the:

- A. Perimetrium, which is composed of 2 layers of muscle fibres
- B. Myometrium, which is composed of 3 layers of muscle fibres
- C. Myometrium, which is composed of 2 layers of muscle fibres
- D. Endometrium, which is composed of 3 layers of muscle fibres

QUESTION 1.6

The two (2) superficial pelvic floor muscles which originate from the ischial tuberosities are:

- A. External anal sphincter and transverse perinei
- B. The ischiocavernosus and the bulbocavernosus
- C. The bulbocavernosus and the transverse perinei
- D. The ischiocavernosus and the frenulum

QUESTION 1.7

The lining of the vagina has rugae, the function of these is to:

- A. Aid the passage of spermatozoa
- B. Allow for distension
- C. Control the pH of the vagina
- D. Help in preventing infection

QUESTION 1.8

A client tells you she has had 2 previous abortions, at 12/40 and at 16/40 weeks, since then she has had 3 live children and is again pregnant.

This client is a:

- A. Gravida 7, para 3
- B. Gravida, 7 para 4
- C. Gravida 5, para 3
- D. Gravida 6, para 3

QUESTION 1.9

Acidity of the vagina is maintained by the action of saprophytic organisms on glycogen contained in the cells of the vaginal epithelium. These organisms are named:

- A. Koch's bacilli
- B. Ducrey's bacilli
- C. Doderlein's bacilli
- D. Streptokinase

QUESTION 1.10

Vulnerability of woman to HIV/AIDS is due to:

- A. Lack of adequate HIV/AIDS education
- B. Lack of interest to HIV/AIDS education
- C. Lack of retroviral drugs
- D. Lack of support from the spouse

QUESTION 1.11

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

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

QUESTION 1.12

Characteristics of a gynaecoid pelvis include:

1. Large ischial spines
2. Narrow sciatic notch
3. An almost round brim (inlet)
4. Straight sacrum
5. Wide pubic arch

CHOOSE the correct response from the alphabets below:

- A. 1 and 2
- B. 2 and 3
- C. 3 and 5
- D. 4 and 5

QUESTION 1.13

Thulisile prepares her own meals at home. She says "I love vegetables and cook lots of them almost every day". The nurse- midwife should teach her client that heat destroys which vitamins:

- A. Vitamin A
- B. Vitamin C
- C. Vitamin D
- D. Vitamin K

QUESTION 1.14

In addition to taking supplementary iron, the nurse- midwife teaches a pregnant woman how to improve her dietary intake of iron. Two foods especially rich in iron content are:

- A. Beef and Pork
- B. Bananas and figs
- C. Carrots and tomatoes
- D. Cheese and yoghurt

QUESTION 1.15

A woman is taking oral mineral and vitamin preparations, for which of the following food nutrients is she **UNLIKELY** to require on increased dietary intake as well:

- A. Iron
- B. Protein
- C. Calcium
- D. Vitamin D

QUESTION 1.16

The specific aims of abdominal examination are to:

- A. Assess fetal size and growth
- B. Observe signs of pregnancy
- C. Assess fetal health
- D. All of the above statements are correct
- E. A and C are correct responses

QUESTION 1.17

Frequency of micturation is one of the discomforts during the first and third trimesters of pregnancy. The cause is:

- A. Unknown
- B. Hormonal and metabolic adaptations
- C. Reduced capacity of bladder due to enlarged uterus and fetal presenting part.
- D. Elevated oestrogen levels

QUESTION 1.18

A balanced diet in pregnancy is important for:

- A. The health of the woman
- B. The developing fetus
- C. The alleviation of minor disorders of pregnancy
- D. Both A and B
- E. A, B and C are correct

QUESTION 1.19

Physiologic Anaemia during pregnancy is a result of:

- A. Increased blood volume in the mother
- B. Decreased dietary intake of iron
- C. Decreased erythropoiesis after first trimester
- D. Increased detoxification demands on the mother's liver

QUESTION 1.20

During abdominal palpation the 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 head and limbs in relation to its trunk
- E. The relationship of the breech to the fetal limbs

QUESTION 1.21

In assessing fetal position, abdominal palpation will help to determine all the following EXCEPT:

- A. Engagement of the fetal part
- B. Fetal lie
- C. Fetal position
- D. Placental placement

QUESTION 1.22

The fetus receives its blood supply and gets rid of its waste products through the:

- A. Amniotic fluid
- B. Two umbilical arteries and one vein
- C. Membranes surrounding the placenta
- D. Membranes surrounding the fetus

QUESTION 1.23

At 38 weeks gestation, the nurse-midwife advises the pregnant woman to rest in the afternoons. The rationale for this is to:

- A. Encourage placental blood flow
- B. Prevent excessive fetal movements
- C. Lower the maternal blood pressure
- D. Reduce occult oedema

QUESTION 1.24

One of the aims of health education during pregnancy is:

- A. Inducing fear and anxiety
- B. Changing cultural practices
- C. The promotion of healthy life practices
- D. All of the above

QUESTION 1.25

One of the physiological changes in the cardio-vascular system in the early postnatal period is:

- A. Hypovolaemia
- B. Hypervolaemia
- C. Haemodilution
- D. Haemoconsentration

Question 2

Pregnancy results in many physiological changes to the body's systems.

2.1 Explain the physiological changes that occur in the urinary system during pregnancy (16)

2.2 Write informatively about backache in pregnancy, taking into account the definition, cause(s), clinical presentation and the management. 2.2.1

Definition

2.2.2 Cause (s)

2.2.3. Clinical presentation

2.2.4 The management (9)

(NB: in 2.2 each correct fact will earn 0.5 marks) (Total marks 25)

QUESTION 3

3.1 State the aims of antenatal care (7)

3.2 Explain importance of the following at the antenatal clinic:

3.2.1 Weighing the pregnant woman (6)

3.2.2 Examining the urine specimen (6)

3.2.3 Taking the blood pressure (3)

3.2.4 Examining the lower limbs (3)

(Total Marks 25)

GOOD LUCK!

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