

**UNIVERSITY OF SWAZILAND  
FACULTY OF HEALTH SCIENCES  
DEPARTMENT OF MIDWIFERY SCIENCE**

**FINAL EXAMINATION: DECEMBER 2015**

**COURSE TITLE: NORMAL PUERPERIUM AND POSTNATAL CARE**

**COURSE CODE: MWF 403**

**TIME ALLOCATED: 2 HOURS**

**MARKS ALLOCATED: 75**

**INSTRUCTIONS:**

- 1. PLEASE ANSWER ALL QUESTIONS**
  - i) SECTION A: MULTIPLE CHOICE [25 MARKS]**
  - ii) SECTION B: SHORT QUESTIONS [50 MARKS]**
- 2. USE THE PROVIDED ANSWER BOOKLET FOR ALL YOUR ANSWERS**
- 3. START ALL QUESTIONS IN A NEW PAGE**
- 4. USE BULLETS FOR EACH POINT IN YOUR ANSWERS (DO NOT INVENT YOUR OWN NUMBERING)**
- 5. CHECK THAT YOUR QUESTION PAPER HAS 8 PRINTED PAGES**
- 6. DO NOT OPEN THE QUESTION PAPER UNTIL PERMISSION HAS BEEN GRANTED BY THE CHIEF INVIGILATOR**

## SECTION A: Multiple Choice Questions

For each of the following questions, write clearly the question number and letter that corresponds with the most appropriate answer e.g. 1. D. Each question has only one correct option as an answer.

1. During the puerperium, the main activity of the midwife is one of \_\_\_\_\_.
  - A. Treatment of complications
  - B. Referral to the medical doctor if need arises
  - C. Care and support and monitoring of the health of the new mother and her baby
  - D. Initiating women who are eligible for ART
  
2. All the following include the danger signs for the newborn during the postpartum period, **except**:
  - A. Feeding well
  - B. Convulsions, Low birth weight (less than 1.5kg)
  - C. Jaundice in the 4<sup>th</sup> day post-partum
  - D. Both A and C
  
3. All the following are goals of postpartum care, **except**:
  - A. Health promotion
  - B. Rehabilitation from complications
  - C. Complication readiness
  - D. Prevention of disease
  
4. The overall assessment of the state of the uterus and the progress of uterine involution by the midwife includes \_\_\_\_\_.
  - A. Identifying the position in the abdomen of the height and location of the fundus
  - B. Assessing the condition of the uterus with regard to uterine muscle contraction
  - C. Determining whether palpation of the uterus causes the woman any pain
  - D. All of the above

5. According to the WHO (2013) recommendations on postnatal care provision, if birth occurred at home, the first postnatal contact should be made within \_\_\_\_\_ of birth.
- A. 72 hours
  - B. 12 hours
  - C. 24 hours
  - D. 1 hour
6. During the postpartum period, family planning should:
- A. Be offered immediately after delivery
  - B. Be offered to the woman at her six weeks check-up only
  - C. Always include the father/partner
  - D. Be avoided as it may interfere with breastfeeding
7. A midwife is assessing a client in the 4<sup>th</sup> stage of labour and notes that the fundus is firm but that bleeding is excessive. Which of the following would be the initial action by the midwife?
- A. Massage the fundus
  - B. Place the mother in the Trendelenburg's position
  - C. Notify the physician
  - D. Record the findings
8. A midwife educates new mothers about cord care. Which of the following statements by the midwife is correct?
- A. Use cold water to wipe the cord stump
  - B. The baby's cord should be placed outside the diaper to prevent contamination with urine and feces.
  - C. Over the counter ointments may be applied on the stump if the woman can afford them
  - D. Both A and C

9. Which of the following statements is **not correct** about actions of a midwife conducting a physical examination of the woman in the postpartum ward?
- A. Discussing findings of the examination as it progresses
  - B. Obtaining the client's consent before proceeding with each part of the physical examination
  - C. The midwife politely asks the woman to undress while s/he watches her to note any physical abnormalities
  - D. Refer to the doctor any abnormalities noted during the examination
10. Which is the best method of contraception during the puerperium and onwards?
- A. Oral contraceptives
  - B. IUD
  - C. Condoms
  - D. Whichever suits the woman's sexual behavior best
11. The correct management for postnatal blues by the midwife includes all the following, **except**:
- A. Reassure the woman that the feelings she is experiencing are abnormal and that they will resolve soon before the puerperium is over
  - B. Explain to the woman that hormonal disturbances cause the feelings and that it will pass
  - C. Give tender loving care and support
  - D. Encourage her in order to instill confidence in her ability to take care of the baby
12. All the following are measures towards provision of woman-friendly care during the puerperium, **except**?
- A. Keeping the baby always with the mother
  - B. Initiating breastfeeding within the first day following child-birth
  - C. Placing the baby on the mothers' abdomen immediately after birth
  - D. Always involving the mother in the decision making process

13. When counselling the mother about breastfeeding, the midwife should tell her to:
- A. Give the baby water after each feed
  - B. Breastfeed on demand for as long as the baby wants to feed
  - C. Establish a schedule for breastfeeding so the baby gets plenty of sleep
  - D. Exclusively breastfeed her baby up to 6 months of life and introduce solids abruptly
14. All the following are minor disorders to a mother during the puerperium, **except**:
- A. After pains
  - B. Constipation and Haemorrhoids
  - C. Anxiety
  - D. Postpartum depression
15. When counselling the mother about the care of her newborn, the midwife should:
- A. Tell the mother to bring her baby for a newborn care visit on the 7<sup>th</sup> day after birth
  - B. Help the mother to formulate a complication readiness plan for her baby
  - C. Make sure the mother understands danger signs for her baby and where to go if they arise
  - D. All of the above
16. During each postpartum visit, what specific information should the midwife obtain from the woman?
- A. Problems during pregnancy, during and after childbirth, and any present problems
  - B. Present problems only
  - C. Only those problems directly related to childbirth
  - D. Family medical history
17. By the 5<sup>th</sup> day postpartum, you should be able to palpate the uterus \_\_\_\_\_ -
- A. Just below the umbilicus
  - B. At the level of the umbilicus
  - C. Halfway between the symphysis pubis and the umbilicus
  - D. Just above the symphysis pubis

18. Each time you counsel the breastfeeding mother about nutrition, tell her that
- A. There are many foods that she should avoid
  - B. She should drink at least 4 glasses of fluids per day
  - C. She should eat at least one extra meal per day
  - D. Both A and C
19. All the following newborns may not be able to generate enough heat and therefore be at a greater risk of hypothermia, **except**:
- A. The preterm
  - B. The infected newborn
  - C. The overweight
  - D. The hypoxic newborn
20. Which one of the following is the preferred ART regimen for all HIV positive children <3 years in Swaziland, as per the 2015 Integrated HIV guidelines?
- A. ABC + 3TC + EFV
  - B. ABC + 3TC + LPV/r
  - C. AZT + 3TC + LPV/r
  - D. ABC + 3TC + NVP
21. When counselling a new mother about breastfeeding in the 6 hours following birth:
- A. Tell her to give breast milk substitutes so her baby will grow faster
  - B. Help her position her baby so that s/he attaches properly to the nipple
  - C. Advise that she breastfeed her baby 4 times/day
  - D. Any of the above

22. A client is complaining of afterpains on postpartum day 2. Which of the following could increase the severity of afterpains?
- A. Multiparity
  - B. Bottle-feeding
  - C. Primiparity
  - D. None of the above
23. At each postpartum visit, the mother should be counseled to seek care if she has which of the following?
- A. Edema of hands and face, severe abdominal pain, sore or cracked nipples
  - B. Normal lochia, a temperature of 37.2°C, slight breast engorgement
  - C. Severe headache, foul smelling lochia, calf tenderness
  - D. Both A and C
24. If bleeding continues after delivery of the placenta, the first thing the midwife should do is call for help and
- A. Start an IV line
  - B. Massage the uterus
  - C. Insert a urinary catheter
  - D. Check the placenta to make sure it is complete
25. Care of the baby's umbilicus includes
- A. Covering with a sterile compress
  - B. Cleansing with alcohol
  - C. Applying antibiotic cream
  - D. Cleansing with cooled, boiled water and leaving the cord stump uncovered

**[Total: 25 marks]**

## SECTION B: SHORT QUESTIONS

### Question 1

Discuss the daily care and assessment of a woman in the postpartum under the following headings:

- a) Ambulation, sleep and rest [2]
- b) Diet [4]
- c) Care of the breasts [3]
- d) Uterus [2]
- e) Legs [3]
- f) Perineum [6]
- g) Discharge care [5]

[Total: 25 marks]

### Question 2

- a) Define puerperium [2]
- b) State the aims of postnatal care in Swaziland? [9]
- c) A client returns with her baby for a postnatal check-up 7 days after a spontaneous delivery. She states that she thinks her baby has been having convulsions, but she is not sure if what she observed is actually a convulsion. Explain how she can recognize a convulsion in a newborn? [4]
- d) Using 'components of the warm chain principle', describe how you would prevent hypothermia in a newborn. [7]
- e) A midwife is admitting a mother and her baby into the postnatal ward, 1 hour after she had delivered. From the birth history, state three (3) common risk factors a midwife can note which can inform him/her the newborn is at risk of infection or not? [3]

[Total: 25 marks]