

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF MIDWIFERY SCIENCES
SUPPLEMENTARY EXAMINATION: JULY 2018**

**TITLE OF PAPER : NORMAL PUERPERIUM AND POST NATAL CARE
COURSE CODE : MID 403
DURATION : TWO (2) HOURS
TOTAL MARKS : 75**

INSTRUCTIONS

- 1. ANSWER ALL QUESTIONS**
- 2. FIGURES IN BRACKETS INDICATE MARKS ALLOCATED TO EACH PART OF A QUESTION**
- 3. BEGIN EACH QUESTION ON A NEW PAGE**
- 4. QUESTIONS DO NOT CARRY EQUAL MARKS**
- 5. KINDLY USE BULLETS FOR EACH POINT IN YOUR ANSWER, WHERE APPLICABLE**
- 6. THIS PAPER SHOULD NOT BE OPENED UNTIL PERMISSION IS GRANTED BY THE INVIGILATOR**

Question 1

1.1 List 5 neonatal primitive reflexes (5)

1.2 Neonates have to adapt to the extra uterine environment after birth, yet the adaptation process poses a threat to the neonates. Explain how the midwife can ensure effective adaptation of the neonate after birth, with reference to the following:

1.2.1 Thermoregulation (12)

1.2.2 Immunity (4)

[21]

Question 2

2.1 Discuss the maternal physiological changes of the following systems in the puerperium:

2.1.1 The cardiovascular system, with specific reference to the heart and blood

(10)

2.1.2 Reproductive system, with reference to the cervix (5).

2.1.3 Urinary system (4)

[19]

Question 3

3.1 Discuss health education the midwife would give to a breastfeeding woman to prevent the development of breast problems. **Give a rationale for each point** (10)

3.2 Describe midwifery actions that the midwife should implement for women in the post- partum period to manage psychological or emotional problems

(8)

[18]

Question 4

4.1 Explain the health education be given to women with the following minor disorders of the puerperium? ½ mark for fact, ½ mark for rationale

4.1.1 Back pain (4)

4.1.2 Haemorrhoids (6)

4.2 Match an item in column A with the appropriate response in column B, and write the response, for example, 10 →L (7)

Column A	Column B
1. Cephalhaematoma	A- Increases viscosity of the cervical mucous
2. Milia	B- Oedematous swelling under the scalp, does not enlarge, can cross a suture line
3. Neviripine syrup	C- Impedes the ascent of the sperm to the fallopian tubes
4. Intra uterine device (IUD)	D- Inability/ refusal to feeds, hyperthermia, rapid respirations with chest indrawings
5. Caput succedaneum	E- Effusion of blood under the periosteum that covers the skull bones, is bilateral, appears after 12 hours of birth and can persist for weeks
6. Progestin only contraceptives	F- White yellow papules seen over the cheeks, nose and forehead. Disappears within the first week of life
7. Neonatal danger signs	G- Inhibit follicular development and prevent ovulation
	H- Vesicles on the face, scalp and

	perineum caused by retention of sweat in unopened sweat glands
	I- Given to HIV exposed neonates according to the neonates' weight, to prevent mother to child transmission of HIV

[17]

TOTAL [75 MARKS]