

**UNIVERSITY OF ESWATINI**  
**FACULTY OF HEALTH SCIENCES**  
**DEPARTMENT OF MIDWIFERY SCIENCES**  
**FINAL EXAMINATION: MAY, 2019**

**COARSE TITLE** : **REPRODUCTIVE HEALTH DYNAMICS**  
**COURSE CODE** : **GNS 320**  
**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. START 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**

**THIS PAPER SHOULD NOT BE OPENED UNTIL PERMISSION IS GRANTED BY THE INVIGILATOR**

## SECTION A: MULTIPLE CHOICE QUESTIONS

**QUESTION 1: Choose the most appropriate response from each of the following statements and write the letter that corresponds with it next to the question number in your answer sheet.**

- 1.1 Which of the following hormones directly controls the ovarian function?
- A. Follicle stimulating hormone and progesterone
  - B. Oestrogen and progesterone
  - C. Oestrogen and luteinizing hormones
  - D. Follicle stimulating hormone and luteinizing hormone
- 1.2 Where does fertilization commonly take place?
- A. Posterior fornix of the vagina
  - B. Ampulla of the fallopian tube
  - C. Uterine cavity
  - D. Isthmus of the fallopian tube
- 1.3 During the preembryonic stage of fetal development, which of the following develops into the placenta?
- A. Trophoblast
  - B. Cytotrophoblast
  - C. Chorionic villi
  - D. Syncytiotrophoblast
- 1.4 What term is referred to the fluid filled cavity in a fertilized ovum?
- A. Blastocyst
  - B. Blastocoele
  - C. Blastocyte
  - D. Blastomere
- 1.5 What is the name given to the endometrium during pregnancy?
- A. Uterus
  - B. Decidua
  - C. Fundus
  - D. Cornua
- 1.6 The preconception care package by World Health Organization (WHO) addresses 13 various areas. Which of the following areas are included in the package?
- A. Family inclusion and male involvement
  - B. Infant and neonatal mortality and morbidity
  - C. Maternal and morbidity rates
  - D. Interpersonal violence and mental health

- 1.7 Which of the following is not a probable sign of pregnancy?
- A. Enlargement of the uterus
  - B. Chadwick's sign
  - C. Frequent urination
  - D. Braxton hicks contractions
- 1.8 Mrs Lona's LNMP is 11 March, 2019. When is her expected date of delivery?
- A. 28/12/20
  - B. 18/12/19
  - C. 11/12/18
  - D. 18/12/20
- 1.9 During an antenatal care visit, you are recording a pregnant woman's history, she tells you she has had three (3) pregnancies, one (1) of these pregnancies terminated at 11 weeks, one child died at 2 months and the other one (1) is alive and well. How would you describe this woman?
- A. Gravida 4 P3
  - B. Gravida 3 P2
  - C. Gravida 3P1
  - D. Gravida 4 P2
- 1.10 What is the recommended daily caloric intake for a pregnant woman?
- A. 1000calories
  - B. 2000calories
  - C. 3000calories
  - D. 3500calories
- 1.11 Why is a balanced diet important in pregnancy?
- A. It helps in the alleviation of minor disorders of pregnancy
  - B. It helps in the formation of an average sized fetus
  - C. It helps to prevent the transmission of maternal infections to fetus
  - D. It provides lifelong immunity to the fetus
- 1.12 When does morning sickness also known as nausea and vomiting commonly occur in pregnancy? It's between;
- A. 4-16weeks of gestation
  - B. 2-8weeks of gestation
  - C. 10-12weeks of gestation
  - D. 4-20weeks gestation

- 1.13 How would you advise a woman who experiences leg cramps during pregnancy?
- A. Apply cold compress on the legs
  - B. Take over the anticramps medications
  - C. Avoid exercising the most affected side
  - D. Increase the intake of fresh milk
- 1.14 Pregnant women should be encouraged to start antenatal care early in pregnancy. What does early first antenatal booking allow for?
- A. Calculating a more accurate date of conception
  - B. More accurate baseline to assess and observe the progress of pregnancy
  - C. Enrolment of the pregnant woman on a nutritional program
  - D. Early planning for mode of delivery
- 1.15 When performing abdominal palpation of a pregnant woman, which of the following fetal parameters can be not assessed?
- A. Fetal heart rate
  - B. Engagement of foetal head
  - C. Fetal position
  - D. Fetal presentation
- 1.16 When the fetal presentation is the head, what is the lie?
- A. Transverse
  - B. Longitudinal
  - C. Vertex
  - D. Cephalic
- 1.17 Which one of the following changes take place in the cardiovascular system in the early postnatal period?
- A. Hypovolaemia
  - B. Hypervolaemia
  - C. Haemodilution
  - D. Haemoconcentration
- 1.18 Which of the following describes the blood that passes through the foramen ovale in the foetal circulation?
- A. Mixed blood
  - B. 100% oxygenated blood
  - C. Deoxygenated blood
  - D. Concentrated blood

- 1.19 When does the posterior fontanelle of the neonate close after birth?
- A. At 0-1 month
  - B. At 2-3 months
  - C. At 4-5 months
  - D. At 6-7 months
- 1.20 When do you start calculating duration of labour?
- A. When the woman starts experiencing lower abdominal pain and backache
  - B. When show is passed
  - C. When membranes rupture
  - D. Beginning of regular contractions
- 1.21 As a nurse in the Family planning clinic you have been called to assist with the delivery of the neonate in the corridor. The mother was late and did not make it to the labour ward. What would be your priority intervention to prevent heat loss in the newborn resulting from evaporation?
- A. Ensure the environment is warm by adjusting temperature
  - B. Rushing the baby to labour ward for proper assessment
  - C. Drying the neonate and covering with a warm blanket
  - D. Closing the doors and windows to the room
- 1.22 At the postnatal clinic a woman asks when she should come back. In your response, which danger sign would you include?
- A. Vaginal discharge
  - B. Fever
  - C. Bloody sputum
  - D. Abdominal pains
- 1.23 During a feeding counselling session, the midwife described the first stage of breast milk which produces yellowing, creamy and highly nutritious milk. What was she referring to?
- A. Colostrum
  - B. Hind milk
  - C. Transitional milk
  - D. Mature milk
- 1.24 Which **ONE** of the following is **NOT** the main structure of the breast?
- A. Adipose tissue
  - B. Skin
  - C. Corpus mammae
  - D. Fibrous tissue

- 1.25 Which of the following statements described below does not truly represent the importance of Immunizations?
- A. It promotes the wellbeing of the baby
  - B. It benefits the community by reducing the number of potential human hosts to infections
  - C. It benefits the country to have international reckoning as free from child killer diseases
  - D. It benefits the baby by offering protection from major childhood illnesses

[25Marks]

## SECTION B: SHORT ANSWER QUESTIONS

### QUESTION 2

Mrs Lona, walks into your clinic for her first antenatal visit. According to her she is 30weeks gestation.

2.1 Describe two (2) key information you would collect on the following history from Mrs Lona and its significance;

2.1.1 Medical history (2)

2.1.2 Family history (2)

2.1.3 Past obstetric history (2)

2.1.4 Present obstetric history (2)

(8)

2.2 Describe the assessments that would be done on Mrs Lona to confirm gestation (5)

2.3 Define the following parameters of abdominal assessment you would perform on Mrs Lona and the possible findings

2.3.1 The lie of the fetus (2)

2.3.2 The descent of the fetus (2)

2.3.3 The presentation of the fetus (2)

(6)

2.4 Which characteristics of the fetal heart rate would you be noting during auscultation? (3)

### QUESTION 3

Outline 3 diameters of the foetal skull and their measurements (3)

#### **QUESTION 4**

4.1 Explain the possible causes of the following minor disorders affecting women in the post partum period;

4.1.1 Perineal pain (2)

4.1.2 Breast engorgement (2)

4.1.3 Constipation (1)

(5)

**[30marks]**

#### **SECTION C: ESSAY QUESTION**

#### **QUESTION 5**

Describe the fetal blood circulation from the placenta highlighting the temporary structures.

**[20marks]**

**Total [75Marks]**