

UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF MIDWIFERY SCIENCES
FINAL EXAMINATION: DECEMBER, 2018

TITLE OF PAPER : NORMAL PUERPERIUM AND POST NATAL CARE
COURSE CODE : MWF 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. 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**

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

Question 1: Multiple choice questions

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.

For example, 1.30 A

1.1 The oxygen saturation in the different structures involved in foetal circulation is not static. Which **ONE** of the following structures has the highest oxygen saturation?

- A. Superior vena cava
- B. Umbilical arteries
- C. Ductus arteriosus
- D. Foramen ovale

1.2 What is the **MAIN** role of the Ductus arteriosus?

- A. Transports blood from the body to the placenta
- B. Moves blood from the right atrium to the left atrium to facilitate bypassing of pulmonary circulation
- C. Shunts blood away from the lungs
- D. Supplies the right lobe of the liver with highly oxygenated blood

1.3 The Dubowitz examination evaluates both the physical characteristics and neurological characteristics of the newborn at birth, to determine the gestational age. Which **ONE** of the following is a component of the neurological examination in the Dubowitz examination?

- A. Ear form
- B. Heel to ear
- C. Ear firmness
- D. Skin colour

1.4 A newborn has just been delivered through a spontaneous vaginal delivery (SVD). At 1 minute, the neonate has a slow and irregular breathing; heart rate 104 beats per minute, is flaccid, and pale with an absent muscle tone. Which **ONE** of the following best indicates the Apgar score for the neonate at 1 minute?

- A. 3/10
- B. 4/10

C. 5/10

D. 2/10

1.5 Which **ONE** of the following is step 4 of the Midwifery Management Process?

- A. Identification of problems
- B. Implementation of the developed plan of care
- C. Evaluation of the need for immediate Midwife or physician intervention
- D. Development of the plan of care in partnership with the woman

1.6 As lactation becomes established, colostrum is replaced by “transitional milk”. On which day does “transitional milk” start to be secreted from the breast?

- A. Day 2
- B. Day 3
- C. Day 4
- D. Day 5

1.7 Which **ONE** of the following statements is **NOT TRUE** about foetal lung fluid?

- A. The fluid leaves the alveoli by being squeezed up the airway and out of the mouth and nose during labour and birth.
- B. The fluid does not leave the alveoli until the neonate takes the first breath, then that is when the fluid is squeezed out of the lungs and replaced by air.
- C. The fluid moves across the alveolar walls into the thoracic duct.
- D. The fluid moves across the alveolar walls into the lung capillaries

1.8 Which **ONE** of the following best describes the mechanism that occurs in order for the foramen ovale to close at birth?

- A. Lowered pulmonary vascular resistance, increased pressure within the left atrium with decreased pressure in the right atrium.
- B. Lowered pulmonary vascular resistance, decreased pressure within the left atrium with decreased pressure in the right atrium.
- C. Increased pulmonary vascular resistance, increased pressure within the left atrium with decreased pressure in the right atrium.
- D. Increased pulmonary vascular resistance, decreased pressure within the left atrium with increased pressure in the right atrium.

- 1.9 Which **ONE** of the following cannot contribute to breathing difficulties in a newborn after birth?
- A. Thermoregulatory dysfunction
 - B. Infection
 - C. Neurological problems
 - D. Renal problems
- 1.10 Neonates are susceptible to infection from birth onwards, even though they have acquired some immunoglobulins in utero. An elevation of which immunoglobulin at birth is suggestive of intra-uterine infection?
- A. IgC
 - B. IgG
 - C. IgM
 - D. IgA
- 1.11 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
- 1.12 Which colours do neonates prefer at birth?
- A. Bold black and red patterns
 - B. Bold black and yellow patterns
 - C. Bold black and white patterns
 - D. Bold black and green patterns
- 1.13 A Para 1 woman visits the clinic 5 days after normal childbirth. The woman is worried that she has noticed blood stains on the diaper of her female baby. What would be the midwife's **BEST** response to the woman?
- A. "A neonate should not pass any blood, no matter how small the amount is. I will refer you to a hospital for further management".
 - B. Do not worry; the blood will stop as the baby grows".

- C. Babies are born with maternal hormones and when these hormones are withdrawn from the neonates' body, it could result to bleeding".
- D. I will call the police immediately because this baby has been sexually assaulted".

1.14 Which of the following reflexes are required for safe feeding and adequate nutrition of the neonate?

- A. Sucking and swallowing reflexes
- B. Rooting and sucking reflexes
- C. Blinking and corneal reflexes
- D. Walking and stepping reflexes

1.15 Select the **BEST** response in the following statement:

- A. Clotting factors and fibrinogen levels remain constant during pregnancy and in the immediate post- partum period. This constant state increases the risk of thrombo-embolism in the woman.
- B. Clotting factors and fibrinogen levels are decreased during pregnancy and remain low in the immediate post- partum. This hypo-coaguable state decreases the risk of thrombo-embolism.
- C. Clotting factors and fibrinogen levels are increased during pregnancy and remain elevated in the immediate post -partum. This hyper-coaguable state increases the risk of thrombo-embolism
- D. Clotting factors increase whilst fibrinogen levels increase during pregnancy, becoming constant in the immediate post -partum. These differences in the levels of the hormones increase the risk of thrombo-embolism.

1.16 Which **ONE** of the following does **NOT** predispose a woman to difficulty in micturition after childbirth?

- A. Muscular spasms of the pelvic floor
- B. Oedema and bruising of the urethra
- C. Bruising of the bladder base
- D. Vaginal examinations during labour

1.17 Lydia is a 14 year old Para 1 who had a normal childbirth 12 hours ago, and an episiotomy had been done and sutured, to facilitate childbirth. During ward rounds, you notice that Lydia had been crying. What is the best Midwifery intervention for her?

- A. Give her paracetamol 1 gram orally because she might be crying due to perineal pain as she had an episiotomy.
- B. Inform her that whatever she is going through will pass because women do experience transient mood swings after childbirth.
- C. Take the baby from her and allow for rest as she might be crying due to inadequate rest and sleep.
- D. Ask her about problems that she is experiencing, conduct a physical assessment on her and the baby, develop a care plan and implement the plan.

1.18 Thuli is a Para 2 breastfeeding and HIV negative woman who wants to be initiated on oral contraceptives before she is discharged home following childbirth. Which **ONE** of the following oral contraceptives is suitable for her?

- A. Ovral
- B. Microval
- C. Microgynon
- D. Triphasil

1.19 Which **ONE** of the following is **NOT** the main structure of the breast?

- A. Adipose tissue
- B. Skin
- C. Corpus mammae
- D. Subcutaneous tissue

1.20 Which **ONE** of the following statements **BEST** describes galactopoiesis?

- A. Establishment of milk secretion
- B. Development of the mammary gland to a functional state
- C. Maintenance of lactation
- D. Initiation of lactation

1.21 Which **ONE** of the following forms the new endometrium during involution?

- A. Outer decidua
- B. Large blood vessels
- C. Placental site
- D. Inner decidua

1.22 What is the diameter of the placental site on day 10 after childbirth?

- A. 7.5 cm
- B. 2.5 cm
- C. 5 cm
- D. 1cm

1.23 Which lochia composes of serum, lymph and leucocytes?

- A. Lochia Serosa
- B. Lochia Rubra
- C. Lochia Alba
- D. Purulenta

1.24 Which **ONE** of the following statements is **INCORRECT** about involution of the cervix after childbirth?

- A. Involution does not occur simultaneously with the uterus
- B. As pelvic floor regains its tone, the cervix is pulled back
- C. Never returns to the initial non-gravid shape and size
- D. Between two to three weeks after childbirth, the cervix is mere a slit

1.25 Which **ONE** of the following would inform the midwife that the newborn has **NOT** latched correctly?

- A. Rounded cheeks
- B. Chin is touching the breast
- C. The tongue is not seen when the bottom lip is pulled down
- D. No clicking noises heard whilst the baby is breastfeeding

[25]

Question 2

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

- | | |
|------------------------|-------------|
| 2.1 Perineal pain | (4) |
| 2.2 Breast engorgement | (6) |
| 2.3 Constipation | (4) |
| 2.4 Headaches | (6) |
| | [20] |

Question 3

3.1 Explain how the midwife can prevent infection to neonates in the post partum period and later in life (10)

3.2 Explain how the midwife can promote bonding between the mother and the neonate in the puerperium period (7)

[17]

Question 4

Discuss the physiological changes of the neonate after birth, with specific reference to the following systems

- | | |
|-----------------------------|-------------|
| 4.1 Skeleto muscular system | (7) |
| 4.2 Renal system | (6) |
| | (13) |

Total [75 Marks]