

**UNIVERSITY OF ESWATINI**  
**FACULTY OF HEALTH SCIENCES**  
**DEPARTMENT OF MIDWIFERY SCIENCES**  
**FINAL EXAMINATION: AUGUST, 2020**

**COURSE TITLE** : POSTPARTUM WITH COMPLICATIONS  
**COURSE CODE** : MWF406  
**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

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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 complications may be indicated by continuous seepage of blood from the vagina of a postpartum client, when palpation of the uterus reveals a firm uterus 1cm below the umbilicus?
- A. Retained placental fragments
  - B. Urinary tract infection
  - C. Cervical laceration
  - D. Uterine atony
- 1.2 Which of the following complications is most likely responsible for a delayed postpartum hemorrhage?
- A. Cervical laceration
  - B. Clotting deficiency
  - C. Perineal laceration
  - D. Uterine subinvolution
- 1.3 A nurse is monitoring a new mother in the postpartum period for signs of hemorrhage. Which of the following signs, if noted in the mother would be an early sign of excessive blood loss?
- A. A temperature of 38°C
  - B. An increase in pulse from 88 to 102beats per minute
  - C. An increase in the respiratory rate from 18 to 22breaths per minute
  - D. A blood pressure change from 130/88 to 124/80 mmHg
- 1.4 Which of the following circumstances is most likely to cause uterine atony and lead to postpartum hemorrhage?
- A. Hypertension
  - B. Cervical and vaginal tears
  - C. Urine retention
  - D. Endometritis
- 1.5 Which of the following findings would be source of concern if noted during the assessment of a woman who is 12hrs postpartum?
- A. Postural hypotension
  - B. Temperature of 37.8°C
  - C. Bradycardia- pulse rate of 55beats per minute
  - D. Pain in left calf with dorsiflexion of the foot

- 1.6 A postpartum midwife is assessing a mother who delivered a healthy newborn infant by c-section. The midwife is assessing for signs and symptoms of superficial venous thrombosis. Which of the following signs and symptoms would be present?
- A. Paleness of the calf area
  - B. Enlarged, hardened veins
  - C. Coolness of the calf area
  - D. Palpable dorsalis pedis pulses
- 1.7 A midwife is caring for a postpartum client diagnosed with Deep Vein Thrombosis and receiving a continuous intravenous infusion of heparin sodium. Which of the following laboratory results will the midwife specifically review to determine if an effective dose has been delivered?
- A. Prothrombin time
  - B. International normalized ration
  - C. Activated partial thromboplastin time
  - D. Platelet count
- 1.8 Which of the following conditions is associated with HELLP syndrome?
- A. Diabetes mellitus
  - B. Pre-eclampsia
  - C. Hypovolemnia
  - D. Systemic infection
- 1.9 The following are symptoms of HELLP syndrome, EXCEPT
- A. Blurred vision
  - B. Epigastric pain
  - C. Malaise
  - D. Hepatomegaly
- 1.10 One hour after a difficult labor and birth, a primiparous woman refuses to feed her baby, stating that she is too tired and just wants to sleep. As the attending midwife, what would you do?
- A. Tell the woman she can rest after and feeds her baby
  - B. Recognize this as a behavior of the taking-hold stage
  - C. Record the behavior as ineffective maternal-newborn attachment
  - D. Take the baby to the nursery, reassuring the woman that her rest is a priority at this time
- 1.11 Which of the following interventions would be helpful to a breastfeeding mother who is experiencing engorged breasts?
- A. Applying ice for a cooling effect
  - B. Applying a breast binder to minimize discomfort
  - C. Teaching how to express her breasts in a warm shower
  - D. Allow her to rest the breast by minimizing feeding from the affected side

1.12 A midwife is preparing a list of self-care instructions for a postpartum client who was diagnosed with mastitis. Which instruction would be included on the list?

- A. Take the prescribed antibiotics until the soreness subsides
- B. Wear a supportive bra
- C. Avoid decompression of the breasts by breastfeeding or breastpump
- D. Stop breastfeeding from the affected side until condition is resolved

1.13 A midwife is providing instructions to a mother who has been diagnosed with Mastitis. Which of the following statements if made by the mother would indicate need for further teaching?

- A. "I need to take antibiotics, and I should begin to feel better in 24-48hrs"
- B. "I can use analgesics to assist in alleviating some of the discomfort"
- C. "I need to wear a supportive bra to relieve the discomfort"
- D. "I need to stop breastfeeding until this condition resolves"

1.14 Which one of the following is associated with Puerperal psychosis?

- A. Drowsiness
- B. Awake most of the time
- C. Withdrawn
- D. Visual and auditory hallucinations

1.15 According to Kubler-Ross, which stage of grieving is characterized by empty emotions?

- A. Anger
- B. Acceptance
- C. Denial
- D. Depression

Six months after the long and difficult delivery of her baby boy, Philile returns to the hospital complaining of continuous leakage of urine

1.16 What is the probable diagnosis for Philile?

- A. Urinary tract infection
- B. Urinary frequency
- C. Vesicovaginal fistula
- D. Bladder incompetence

1.17 What could be the possible risk factor to the above diagnosis?

- A. Puerperal Infection
- B. Urethral incompetence
- C. Bladder trauma
- D. Prolonged labour

1.18 How will Philile be managed?

- A. Broad spectrum Antibiotics for 14days
- B. Surgical repair
- C. A self retaining catheter until condition resolves
- D. Urologist will be consulted

1.19 Why is postpartum depression commonly a missed or under diagnosed problem?

- A. Midwives are not educated on psychological conditions
- B. Symptoms are masked by common experiences of new mothers
- C. Health care providers do not take reports from patients seriously
- D. There is no treatment for postpartum depression

1.20 What are three common treatment options for postpartum depression?

- A. Professional therapy, surgery and exercise
- B. Medication management, moving to a new community and professional therapy
- C. Self-help, exercise and going back to college
- D. Self-help, professional therapy and medication management

**Indicate whether the following statements are TRUE or FALSE**

1.21 Breast milk insufficiency is caused by infrequent breastfeeding.

1.22 Taking antibiotics is the most convenient and effective prophylaxis treatment to Urinary tract infection.

1.23 Pregnancy is iatrogenic risk factor to urinary tract infection.

1.24 Candida albicans accounts for at least 80% of all causative organisms of urinary tract infections.

1.25 Sexual contact is one way that aids transmission of HIV from mother to child.

1.26 Normal vaginal delivery is a risk factor for endometritis.

1.27 Ensuring that the woman and her family know the maternal danger signs is an important part of readiness plan for the postpartum period.

1.28 It is safe to prescribe Methyldopa to women with moderate DeNovo hypertension during postpartum period.

1.29 During an eclamptic fit, Calling for help is a priority safety precaution.

1.30 Oligulia is a severe sign of impending eclampsia.

**[30Marks]**

## **SECTION 2: STRUCTURED QUESTIONS**

### **QUESTION 2**

Complications of abortion are one of the causes of maternal deaths. Post abortion care (PAC) is an approach for reducing morbidity and mortality from incomplete and unsafe abortion. It is vital for improving women's sexual and reproductive health however some women do not access PAC services.

2.1 Explain five (6) factors related to abortion and mortality. (6)

2.2 As the Sister in-charge of maternity services at your facility you have noticed that Post Abortion care is not utilized despite rising cases of unsafe abortions in the community. What issues would you address at the facility to ensure utilization of PAC services? (4)

**[10Marks]**

### **QUESTION 3**

3.1 You have successfully removed Mrs Ndlulis retained placenta, Discuss five (7) specific management would you provide within the first 48hrs? (7)

3.2 Unfortunately Mrs Ndluli lost her baby. Discuss how you would manage her grief before discharge. (10)

**[17Marks]**

### **QUESTION 4**

Xolile a 34year old gravid 4 has just given birth in your maternity unit. Vital signs taken 15minutes later indicate that she is in shock. Vaginal bleeding is minimal but she is pale.

4.1 Describe 5types of shock in obstetrics and their causes. (5)

4.2 Discuss how you would manage Xolile before the obstetrician arrives. (13)

**[18Marks]**

**TOTAL [75 Marks]**