

UNIVERSITY OF FORT HARE

**MIDWIFERY (NORMAL) 1A
MODULE CODE: NMN 311E**

**DEGREE EXAMINATIONS
Bachelor of Nursing**

MAY/JUNE 2023

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Time: 3 Hours
Subject: NMN 311E
Marks: 100

This paper consists of 3 pages including the cover page

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Mrs Z.T. Dasheka**

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INSTRUCTIONS

***Answer any All questions
It is in your best interest to write clearly and legibly.
1/2 Mark is allocated for a correct response unless indicated***

Question 1

Answer all the essay questions below.

- 1.1 Define the term “midwife” according to SANC (3)
- 1.2 Describe warning signs of the second stage of childbirth. (5)
- 1.3 Draw a table that highlights the modes of heat loss, definition, clinical example and prevention thereof for each mode. Example of the table: (8)

Mode	Definition	Clinical example	Preventative Management
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- 1.4 Explain the important findings found through a vaginal examination during childbirth with special reference to the cervix and the presenting part. Please **rationalize your response**.
- 1.4.1 Cervix (5)
- 1.4.2 Presenting part (5)
- 1.5 Discuss the functions of the amniotic fluid (5)
- 1.6 Explain the physiological adaptation of the newborn after birth for the circulatory system (4)

TOTAL: 35

Question 2

- 2.1 The following statements relate to pain management during the first stage of childbirth: **psychological factors**, physiological **causes of pain** and **relief** methods. Match the correct term for the statement given. Write only the number and the term/concept. **DO NOT REPEAT THE STATEMENT** e.g. 2.1.13 Analgesic

No.	Statement	Term/ concept
2.1.1	Pain threshold, central nervous system, maternal conditions and fetal presentation and position	The harmful effect of unrelieved pain during childbirth
2.1.2	Pethidine is given for severe pain in childbirth, however, there is a need to evaluate the progress of childbirth before administration	Nonpharmacological pain relief method
2.1.3	This relates to loss of memory, while able to feel or experience pain at the time but unable to remember or recall the suffering later.	Pain threshold
2.1.4	Pharmacological, non-pharmacological and self-help techniques	Scope of Practice
2.1.5	A rise in adrenaline and noradrenaline (catecholamines) concentrations leads to abnormal uterine action and prolonged childbirth.	Factors that influence childbirth pains
2.1.6	Measures are taken to relieve pain if the woman asks for pain relief, the woman is obviously in severe pain	Legislation
2.1.7	Position, progressive relaxation and thermal stimulation	Inhalation analgesia
2.1.8	Combination of intravenous and inhalation analgesia	Amnesia
2.1.9	A midwife is an independent practitioner, manages all aspects of pregnancy, childbirth and the puerperium and hence decides on the right time to administer pain medication	The timing of the administration of medication for childbirth pain

2.1.10	A substance that induces a feeling of calmness and drowsiness thus relieves anxiety and may also induce sleep.	Narcotic analgesia
2.1.11	Nitrous oxide and oxygen	Methods of pain relief
2.1.12	The ability to withstand pain which is influenced by the psychological and physical state of the woman in childbirth.	A tranquilliser
		General anaesthesia
		A sedative

2.2 Answer whether the following statement is **True** or **False**. Write the number and the response you choose. For example **2.2.11 False**.

2.2.1 The midwife is a dependent practitioner, in the provision of care and management of a pregnant woman, childbirth and puerperium and the newborn baby.

2.2.2 The placenta acts as the respiratory organ for the fetus by transferring carbon dioxide from the fetus through the placental membrane to the mother's blood.

2.2.3 The following description is fit for describing the chorion; Thin, shiny, smooth, tough and translucent

2.2.4 The following description is fit for describing the amnion; Thick, friable, opaque, continuous with the edge of the placenta and an outer membrane of the fetal sac

2.2.5 Moulding is the overlapping of the fetal skull bones at the sagittal suture which may occur during childbirth due to the head being compressed as it passes through the pelvis of the mother.

2.2.6 Infections of the mother, for example, viruses such as rubella and some other pathogens such as Treponema pallidum, can pass through the placental membrane and adversely affect fetal growth.

2.2.7 Supplements given during pregnancy are given to mothers with malnutrition only as they are given the fetus will also be deprived.

2.2.8 Allow the woman to have someone of her choice during childbirth to reduce anxiety and pain.

2.2.9 Breathing and relaxation techniques help you cope with pain by helping the body to release its own hormone-like pain relievers called endorphins.

2.2.10 Nitrous Oxide doesn't give long-lasting pain relief

2.3 **ART for the mother presenting in childbirth involves**, once DTG is available, replacing the previous regimen with a stat dose of A _____, lamivudine (3TC), and B _____ in a fixed-dose combination tablet (TLD) and a stat single dose of C _____. Start lifelong ART on the following day after appropriate counselling to understand her fertility intentions and contraceptive needs. (3)

TOTAL: 25

Question 3

3.1 Choose the most appropriate response. Write only the number and the letter associated with

the response. For example **3.1.10 B**

3.1.1 Among the Four Pillars for the Prevention of Transmittable Infections from Mother to Child are the following

- A. Preventing disease transmission from a woman living with a transmittable disease to her infant
- B. Primary prevention of transmittable diseases, especially among women of childbearing age
- C. Providing appropriate treatment, care, and support to women, their children, partners and families
- D. A and C are the correct answer
- E. A, B and C are the correct answer

3.1.2 The following conditions include the disease covered by the current 2019 PMTCT guidelines

- A. HIV
- B. TB
- C. Hepatitis
- D. A and B are the correct answer
- E. A, B and C are the correct answer

3.1.3 The following conditions include the disease covered by the current 2019 PMTCT guidelines

- A. Listeriosis,
- B. Zika viruses
- C. Tetanus Toxoid
- D. A and B are correct answers
- E. A and C are correct answers

3.1.4 While doing a physical examination of the newborn baby, the following can be used to decide physical maturity (foetal age)

- A. Skin
- B. Limbs
- C. Plantar surfaces
- D. A and C are correct
- E. A, B and C are correct

3.1.5 Standard procedures for postnatal care include the following

- A. Rooming-in
- B. Infant Feeding

- C. Observations
- D. A and B are correct
- E. A, B and C are correct

3.1.6 Factors related to ART initiation are of critical importance in pregnant/lactating mothers

- A. Timing of ART initiation
- B. Potency of the regimen
- C. The safety of the regimen
- D. A and B are correct
- E. A, B and C are correct

3.1.7 The following are the benefits of DTG compared to EFV

- A. Provides rapid viral suppression
- B. High genetic barrier to resistance
- C. No interaction with hormonal contraceptives
- D. A and B are correct
- E. A, B and C are correct

3.1.8 Drug-to-drug interaction between DTG, calcium and iron may be corrected by

- A. Taking them with food
- B. Taking them without food
- C. Can never be corrected
- D. B and C are correct
- E. A and C are correct

3.1.9 ART during childbirth and birth for HIV-positive women on ART include the following

- A. A stat dose of NVP, together with
- B. Continue ART with the usual timing
- C. Give 2 months ART supply at discharge
- D. A and B are correct
- E. B and C are correct

3.2 Answer whether the following statement is **True** or **False**. Write the number and the response you choose. For example, **3.2.12 True**

3.2.1 Puerperium refers to the period from the completion of birth to the end of the first four weeks postpartum, during which time the woman's body returns to the normal non-gravid state.

3.2.2 By the end of the first six weeks after birth, the size of the uterus is diminished from

approximately $15 \times 12 \times 8$ cm to about $8 \times 6 \times 4$ cm.

- 3.2.3 Oxytocin causes contraction of the uterine muscle and assists in the involution of the uterus
- 3.2.4 Oestrogen and progesterone levels drop after the birth of the placenta.
- 3.2.5 The cardiac output gradually decreases during the first few days of the puerperium and returns to the normal pre-pregnant output by the end of the third week.
- 3.2.6 At birth, the neurological system of a newborn baby is mature; hence, few chemical and physiologic changes
- 3.2.7 The objectives are to manage the normal psychological and physical changes that occur in the first days after birth
- 3.2.8 The initiation of respiration at birth is the most important physiological adjustment to occur.
- 3.2.9 The Apgar score is a method of assessing an infant's psychological condition after birth
- 3.2.10 If the baby is not responding to another stimulus, you need to smack the newborn infant to get them to breathe
- 3.2.11 Handling and rubbing the newborn infant with a dry towel serve to dry the newborn rather than stimulating the onset of breathing

TOTAL: 20

Question 4

- 4.1 Please fill in the missing word or concept. Please write the number, the letter allocated then the correct/chosen response. For example, **4.1.6 B uterus**
 - 4.1.1 The continuous contraction and retraction of the uterus after the expulsion of the placenta causes a process called [A] _____. The result is the amount of blood in the uterus is pushed into the bloodstream thus increasing the volume of circulating blood and the effect on the kidneys is [B]._____.
 - 4.1.2 The process where proteolytic enzymes break down proteins, which are finally excreted by the kidneys, increasing diuresis. At the same time phagocytes invade the collagen fibres between the myometrial cells and fat is removed, while thrombosed blood vessels are also broken down and absorbed is called [A] _____.
 - 4.1.3 Three key important postnatal assessments/visits are [A]. _____ [B]. _____ [C] _____
 - 4.1.4 The following together are referred to as the fetoplacental unit A. _____, B. _____, C. _____, D. _____ and E. _____.
 - 4.1.5 Powers during childbirth refers to A. _____.

4.2 The following statements relate to the Prevention of Mother To Child Transmission (PMTCT). Match the correct term for the statement given. Write only the number and the term/concept. **DO NOT REPEAT THE STATEMENT e.g. 2.1.9 ART**

No.	Statement	Term/ concept
4.2.1	Partners where one is HIV positive while the other is HIV negative.	Every 3 months BANC visit
4.2.2	DTG has drug interactions with the following drug	Dual method
4.2.3	Initiating this ART in women wanting to conceive now or in the future may carry risks	neural tube defects (NTDs)
4.2.4	Women that test HIV negative during the 1 st ANC visit must be encouraged to test at	Sero-discordant
4.2.5	Repeat VL monitoring for pregnant women with suppressed VL will be done at	C#PMTCT
4.2.6	Use of a barrier method contraceptive such as a condom to augment the hormonal method, and prevent STIs and HIV	Ampicillin
4.2.7	The code is to be on the lab form of every VL of a pregnant or breastfeeding woman, so electronic gatekeeping rules (EGK) to avoid sample rejection	Monthly BANC visits
4.2.8	use pf DTG in the first four weeks after conception may increase the risk for this condition	Dolutegravir (DTG)
		Rifampicin
		E#PMTCT
		Birth

TOTAL: 20

GRAND TOTAL: 100 MARKS

67

13H00

09 June 23