

UNIVERSITY OF FORT HARE

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

DEGREE EXAMINATIONS
Bachelor of Nursing

JULY SUPP 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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INSTRUCTIONS

*Answer any All questions
It is in your best interest to write clearly and legibly.
½ Mark is allocated for a correct response unless indicated*

QUESTION 1

Answer all the essay questions in this question

- 1.1 Describe warning signs of the second stage of childbirth. (5)
- 1.2 Explain the scope of practice of a midwife (5)
- 1.3 Discuss the 5 Ps as essential factors in childbirth
- 1.3.1 P1 (2)
- 1.3.2 P2 (2)
- 1.3.3 P3 (2)
- 1.3.4 P4 (2)
- 1.3.5 P5 (2)
- 1.4 Discuss the functions of the placenta during pregnancy (5)
- 1.5 Rationalise the positions used for 2nd stage of childbirth (5)
- 1.6 Explain the physiological adaptation of the newborn after birth for the following systems
- 1.6.1 Respiratory system (2)
- 1.6.2 Circulation (3)
- 1.7 Outline the four pillars by which to achieve the targets of zero HIV transmission from mothers to infants and an HIV-free generation. (4)

TOTAL: 39

Question 2

2.1 Match the statements to the correct response

The following statements relate to physiological and psychological changes that occur during puerperium. Match the correct term/concept for the statement given. Write only the number and the term/concept. **DO NOT REPEAT THE STATEMENT** e.g. 2.1.11 Lochia Alba

No.	Statement	Term/concept
2.1.1	Oestrogen and progesterone levels drop after the birth of the placenta.	Ischaemia of the myometrium
2.1.2	The lochia occurs in the first two to four days after birth, where the lochia is red and consists mainly of blood, dissolved blood clots from the placental site and trophoblastic debris.	Abdomen
2.1.3	This hormone causes contraction of the uterine muscle and therefore, at the same time, assists in the involution of the uterus	Mood swings and depression
2.1.4	The clotting factors of the body are activated in the early postpartum period with a particularly high level of fibrinogen which may increase the risk of thrombophlebitis and embolism	Lochia Rubra
2.1.5	The stretch marks gradually fade, but often do not disappear altogether and instead become silvery-white streaks (stretch marks).	Endocrine changes
2.1.6	The woman may not know why she is crying; she just feels very sad and cannot help crying.	Postnatal Psychosis
2.1.7	The process by which continuous contraction and retraction of the uterus after the expulsion of the placenta, makes the uterus relatively anaemic and causes atrophy of the muscle fibres	Renal tract

2.1.8	Even joyous mothers can respond to their babies in different ways. Some mothers bubble verbally, while others are quieter, preferring to touch rather than talk. Both responses are acceptable	Lochia Serosa
2.1.9	There is major diuresis in the first few days of the puerperium, resulting in a substantial loss of fluid, and the woman is often very thirsty in the first week and after.	Oxytocin
2.1.10	In about 10–15 per cent of women, a deeper depression may occur and continue for some time after the puerperium, while in about 0.1–0.2 per cent of postpartum women it worsens to -----.	Reaction after birth
		The blood
		Gastrointestinal tract

2.2 The following statements explain the mechanism of normal childbirth. Match the correct term for the statement given. Write only the number and the term/concept. **DO NOT REPEAT THE STATEMENT e.g. 2.2.8 Internal rotation**

NO.	Statement	Term/concept
2.2.1	The rule is that the part of the foetus that meets the pelvic floor first will rotate anteriorly. As the head descends, the presenting part, usually in the transverse position, is rotated about 45° to the anteroposterior (AP) position under the symphysis.	Restitution
2.2.2	The shoulders enter the pelvis in the opposite oblique diameter to that previously passed by the head. When the anterior shoulder meets the pelvic floor it rotates anteriorly 1/8 of a circle. This movement is transmitted to the head so it rotates 1/8 of a circle in the same direction of restitution	Extension
2.2.3	After birth, the head rotates 1/8 of a circle in the opposite direction of internal rotation to undo the twist produced by it.	Engagement
2.2.4	Occurs when the head meets the pelvic floor leading to a reduction of the presenting diameter, from the biggest to the small (11.5cm to 9.5cm) thus the occiput passes under the symphysis pubis	Internal rotation
2.2.5	The head normally lodges in the oblique or transverse diameter of the pelvic inlet.	Birth of the shoulder
2.2.6	The suboccipital region lies under the symphysis then by head extension, the vertex, forehead and face come out successively.	External rotation
		Increased flexion
		Descent

2.3 Fill in the missing words/concepts

Scenario for Apgar scoring

Xolelwa, a 20-year-old primigravida delivered a live male infant at **10:15 am**. At 10:16 her baby seemed floppy with a pink body but blue extremities, a pulse rate below 100 bpm, the respiration was slow but regular and a grimace.

As you continued to dry the baby up with the warm towel, at **10:20 am** the baby started to flex both legs and arms, the body remained pink while the extremities were blue, the pulse increased to above 100 bpm, the respiration remained slow but regular and the response to stimuli was good.

Finally, at **10:25 am**, the baby responded with vigorous cry and movement, flexing both the legs and arms, the pulse rate was over 100 bpm, and the body was pink, however, the extremities remained blue. You thus decided to cover the baby with a warm blanket to warm up the extremities.

INSTRUCTION: PERFORM AN APGAR SCORE AT 1MIN, 5MIN AND 10MIN. Answer in a table format. ½ WILL BE ALLOCATED FOR EACH CORRECT SCORE. Use the alphabet A to R used for numbering.

TIMING	1minute			5 minutes			10 minutes		
INDICATOR	0	1	2	0	1	2	0	1	2
A	A	-----	-----	G	-----	-----	M	-----	-----
P	B	-----	-----	H	-----	-----	N	-----	-----
G	C	-----	-----	I	-----	-----	O	-----	-----
A	D	-----	-----	J	-----	-----	P	-----	-----
R	E	-----	-----	K	-----	-----	Q	-----	-----
TOTAL	F			L			R		
Mark allocation	3			3			3		

2.4 Fill in the missing word/concept

Physiological changes that occur during the second stage include [A] _____, [B] _____, [C] _____ [D] _____

2.5 Fill in the missing word/concept

The placenta has two surfaces, [A] _____ contains chorionic villi containing fetal blood, and the [B] _____ has the umbilical cord inserted into it and is covered with the amniotic membrane.

TOTAL: 31

Question 3

3.1 Answer the following questions whether they are True or False. Write the number and the response you choose.

- 3.1.1 It is always better to give the woman an enema before birth since she is able to eat during childbirth to avoid delays
- 3.1.2 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.
- 3.1.3 Attitude is the relationship of the fetal body parts to each other
- 3.1.4 Scope of practice refers to the parameters within which a category of a nurse who has met the prescribed and registration requirements may practice, including any healthcare professionals' skills he/she might have acquired.
- 3.1.5 Placental insufficiency or impaired uteroplacental blood flow causes growth restriction.
- 3.1.6 Maternal conditions such as hypertension, hyperpyrexia, chronic infections and cardiac disease prevent the placenta from efficiently transmitting nutrients from the mother to the fetus.
- 3.1.7 The following description is fit for describing the chorion; Thin, shiny, smooth, tough and translucent
- 3.1.8 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

- 3.1.9 Allow the woman to have someone of her choice during childbirth to reduce anxiety and pain.
- 3.1.10 The midwife relieves the childbirth pains but avoids discussing the methods of pain relief with the woman in case she chooses the one that is not available
- 3.1.11 By the end of about the first six weeks after birth the weight of the uterus is diminished from approximately 1 000 g to about 60 g.
- 3.1.12 By the end of about the first six weeks after birth the size of the uterus is diminished from approximately 15 × 12 × 8 cm to about 8 × 6 × 4 cm.
- 3.1.13 A persistent red or heavy lochia for more than 10 days or the continuous passing of clots could indicate that the placental site is not involuting as it should, suggesting the presence of retained products, with the danger of secondary PPH and infection.
- 3.1.14 Mood swings or emotional instability are not common in the puerperium as most women are easy-going and hence to inclined to mood swings.
- 3.1.15 For PMTCT, it is important for the healthcare provider to advise the pregnant or breastfeeding woman on possible ways of contracting infections such as sexual and blood contact, and contact with adults with flu-like symptoms

TOTAL: 15

Question 4

4.1 Choose the most appropriate response. Write only the number and the letter associated with the response. Example 4.1.16 B

- 4.1.1 The following are the risk factors for PPH
 - A. Prolonged or rapid, forceful childbirth
 - B. Induction of childbirth/ augmentation with Pitocin
 - C. A & E
 - D. A, B & C.
 - E. Over-distention of the uterus such as twin pregnancy
- 4.1.2 The following is true about the third stage of childbirth
 - A. It follows the birth of the infant
 - B. A & C
 - C. Two methods can be used to manage third stage of childbirth
 - D. A, C & E
 - E. It is not as important as second stage, hence it is shorter than second stage
- 4.1.3 The objective signs of pregnancy
 - A. Hegar s sign
 - B. A, C & D
 - C. Nausea and vomiting in the first trimester
 - D. Breast fullness and increased pigmentation of the areola

E. A & D

4.1.4 A midwife need to understand the culturally sensitive care in order to understand the following:

A. None of the list below

B. All in the list below

C. There is a need to assess and evaluate the clients belief system before making assumptions.

D. Dress code also does not imply that one understands the values and norms of the society she is dressed like

E. Speaking English does not imply that a person has a Westernised perspective in life

4.1.5 The following are the aims of the Antenatal Care

A. Prepare for a normal puerperium- prepare the mother for her good health as well as babies.

B. Promote & prepare for breastfeeding

C. Provide information so as to identify possible abnormalities that can occur to the mother & baby

D. A and B

E. All of the above answers are correct

4.1.6 The following are the aims of the Antenatal Care

A. Promote health education and family planning

B. Ensure early detection of problems, referral & management of complications

C. Ensure normal birth- prepare the mother for birth

D. All the above answers are correct

E. A and C

4.1.7 The following are the risk factors associated with the postnatal period

A. postpartum haemorrhage (PPH)

B. pre-eclampsia or eclampsia

C. infections

D. A and C

E. All of the above

4.1.8 The risk factors associated with the postnatal period include the following

A. Excessive tiredness

B. Infections

C. puerperal depression or psychosis

D. B and C

E. A and C

4.1.9 During the postnatal period, it is always important to assess the following

- A. The amount of vaginal bleeding
 - B. uterine contraction and fundal height
 - C. check if the woman is happy with the outcomes of childbirth
 - D. A and B
 - E. All of the above answers are correct
- 4.1.10 The following include the postnatal care for women post normal vertex birth
- A. Mothers who have decided not to breastfeed after counselling and education should be given information on age-specific types of infant formula to purchase and shown how to prepare and use formula safely
 - B. Ensure 4 hourly BP, heart rate, temperature, and pad check assessments
 - C. Ensure that the mother is mobile and can pass urine.
 - D. B and C are correct
 - E. All of the above statements are correct.
- 4.1.11 The following are the components of care at the service birth point in the facility
- A. HIV testing,
 - B. Antiretroviral therapy (ART) as treatment or prophylaxis,
 - C. Tuberculosis (TB) screening, TB Preventative Therapy (TPT), and opportunistic infection (OI) prophylaxis
 - D. A and B are correct
 - E. All of the above answers are correct
- 4.1.12 Universal Measures to Prevent Infections during Pregnancy including HIV
- A. Consider the risks if you are thinking about getting a tattoo or body piercing.
 - B. Do not share personal care items that might have blood on them (razors, toothbrushes).
 - C. Avoid using drugs and not sharing needles or other equipment related to drug use.
 - D. B and C are correct
 - E. All the above answers are correct
- 4.1.13 The following refers to the consistent and correct use of male latex condoms.
- A. Carefully handle the condom to avoid damaging
 - B. Put the condom on after the penis is erect and before any genital, oral, or anal contact with the partner
 - C. Rarely using the condom more than once
 - D. A and B are correct
 - E. A, B and C are correct
- 4.1.14 The passage of the fetus through the birth canal is influenced by the
- A. size of the fetal head and shoulder,
 - B. the dimensions of the pelvic girdle,
 - C. A and B
 - D. the fetal presentation and position
 - E. All of the above responses are correct
- 4.1.15 A primary function of the amniotic fluid is to
- A. Provide nourishment to the foetus
 - B. Provide protection for the foetus
 - C. Remove waste products from the foetus
 - D. Facilitate oxygen and carbon dioxide exchange

TOTAL: 15

GRAND TOTAL: 100

15