

**CHUKA**



**UNIVERSITY**

**UNIVERSITY EXAMINATIONS**

**EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF  
SCIENCE IN NURSING**

**NURS 283: MIDWIFERY III**

**STREAMS: BSC NURSING Y2S2**

**TIME: 2 HOURS**

**DAY/DATE: THURSDAY 08/07/2021**

**2.30 P.M – 4.30 P.M**

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**INSTRUCTIONS:**

**SECTION A**

**MULTIPLE CHOICE QUESTIONS (MCQ'S) (30 MARKS)**

**Answer ALL questions in this section**

1. The NBU nurses' initial assessment for a neonate admitted in NBU after delivery is :-
  - a. Auscultate bowel sounds
  - b. Determine head circumference
  - c. Check for identifying birthmarks
  - d. Assess respiratory effort
  - e. Take detailed history
2. The color of lochia varies with the involution of the uterus. Lochia rubra occurs between:-
  - a. 0-3 days

- b. 3-7 days
  - c. 4-9 days
  - d. 7-17 days
  - e. 14-20 day
3. Condition that may occur within 1 day postpartum is:-
- a. Neonatal sepsis
  - b. Puerperal sepsis
  - c. Asphyxia neonatorum
  - d. Neonatal tetanus
  - e. Secondary PPH
4. Findings on the breast during the first 24 hours post-delivery include:-
- a. Swollen and worm
  - b. Soft and non-tender on palpation
  - c. Presence of mild secretion
  - d. Soft and warm
  - e. Increased vascularity and soft
5. Which of the following schedules is not routinely considered in targeted postnatal care visits:-
- a. Within 48 hours
  - b. 1 to 2 weeks
  - c. 4 to 6 weeks
  - d. 4 to 6 months
  - e. 8 to 10 months
6. Indicate whether the following statements are true or false
- a. In the early postpartum period there may be a slight deviation of the vital signs from the normal
  - b. Vital signs should return to normal levels within 1 hours after delivery
7. Presence of the following signs/symptoms in puerperium should warrant follow up in a health facility.
- a. Loss of appetite on day 1 and 2 post delivery
  - b. Lack of milk on breasts day 2 post delivery

- c. Presence of 2-3 soaked pads 1 hour post delivery
  - d. Abdominal pain
  - e. Bloating
8. In the management of PPH, the drug contraindicated in patients with preeclampsia is:-
- a. Carbetocin
  - b. Misoprostol
  - c. Methylergometrine
  - d. Carboprost
  - e. Oxytocin
9. The **LEAST** danger sign in puerperium include:-
- a. Fever
  - b. Excessive body weakness
  - c. Blurred vision
  - d. Perineal pain
  - e. Irritability
10. A client is complaining of painful contractions on postpartum day 2. Which of the following conditions could increase the severity of this pain?
- a. Bottle feeding
  - b. Diabetes
  - c. Multiple gestation
  - d. Primiparity
  - e. Nulliparity
11. A woman desires hormonal contraception after delivery. The best method for her is:-
- a. Combined oral contraceptives starting 6 weeks after delivery
  - b. Combined oral contraceptives starting 8 weeks after delivery
  - c. Progestin-only contraceptives after 4 weeks postpartum
  - d. Intra uterine device after 6 months of delivery
  - e. Progestin-only contraceptives from week 6 postpartum
12. Routine regular assessment of all postnatal women during the first 24 hours include:-
- a. Fundal height, uterine contractions, temperature

- b. Blood pressure, bowel function, heart rate
  - c. Pulse, vaginal bleeding, urinary incontinence
  - d. Uterine contractions, bowel function, healing of any perineal wound
  - e. Temperature, urinary incontinence, healing of any perineal tear
13. The nurse is assessing a client who is 6 hours postpartum after delivering a full-term healthy infant. The client complains of feelings of faintness and dizziness. The most appropriate nursing action will be:-
- a. Obtain hemoglobin and hematocrit levels
  - b. Instruct the mother to request help when getting out of bed
  - c. Elevate mother's legs
  - d. Inform the NBU nurse to avoid bringing the newborn infant to the mother until the feelings of lightheadedness and dizziness have subsided
  - e. Give her a light diet
14. Complete extrusion of the placental site takes:-
- a. 2 weeks
  - b. 10 weeks
  - c. 12 weeks
  - d. 6 weeks
  - e. 4 weeks
15. Physiological changes that occur during the postpartum period include:-
- a. Cervical involution
  - b. Vaginal distention decreases slowly
  - c. Fundus begins to ascend toward the pelvis after 24 hours
  - d. Cardiac output decreases with resultant tachycardia in the first 24 hours
  - e. Digestive processes slow immediately
16. All of the following are important in the immediate care of the premature neonate. The priority nursing action is:-
- a. Instillation of antibiotic in the eyes
  - b. Identification by bracelet and foot prints
  - c. Placement in a warm environment
  - d. Neurological assessment to determine gestational age

- e. Breast feeding
17. A normal neonate should pass meconium within:-
- a. 1 week
  - b. 2-6 hours
  - c. 24 hours
  - d. 3-5 days
  - e. 12 hours
18. A postpartum nurse is providing instructions to a woman after delivery of a healthy newborn infant. The nurse instructs the mother that she should expect normal bowel elimination to return:-
- a. Within 2 weeks
  - b. After 3 days
  - c. 7 days postpartum
  - d. 1 day after delivery
  - e. 12 hours after delivery
19. When performing postnatal assessment on a client, the following is of priority to enquire:-
- a. Resumption of exercises
  - b. Self-care needs
  - c. Sleep pattern
  - d. Diet
  - e. Acceptance of the newborn by other family members
20. Four hours 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. The nurse should:-
- a. Tell the woman she can rest after feeding her baby
  - b. Recognize this as a normal behavior
  - c. Record the behavior as ineffective maternal-newborn attachment
  - d. Encourage the woman to be strong for the sake of the baby
  - e. Take the baby back to nursery, reassuring the woman that her rest is a priority at this time

21. A nurse is developing a plan of care for a postpartum woman with a small vulval hematoma. Specific intervention the nurse should include in the first 12 hours following deliver is:-
- Assess her fundal height every 4 hours
  - Prepare an ice pack for application to the area
  - Inform the health care provider of assessment findings
  - Assess vitals every 4 hours
  - Advice on hygiene
22. The following complications may be indicated by continuous seepage of blood from the vagina in a postpartum client, when the uterus feels firm on palpation.
- Retained placental fragments
  - Urinary tract infections
  - Cervical laceration
  - Uterine atony
  - Lochia loss
23. Which of the following drugs should be used in prevention of postpartum hemorrhage in situations where there is absence of personnel to offer AMSTL.
- Ergometrine
  - Oxytocin
  - Misoprostol
  - Syntometrine
  - Amoxicillin
24. A condition resulting with over distention of the breast with milk in puerperium is:-
- Distended ducts
  - mastitis
  - Breast abscess
  - Milk let down
  - Engorgement
25. Risk factors for developing DVT in puerperium include:-
- Cesarean section, preeclampsia, fever
  - Obstetric hemorrhage, hypertension, smoking

- c. BMI less than 25, fever, exertion
  - d. Inactivity, previous use of contraceptives, cesarean section
  - e. Alcohol use, obesity, exertion
26. The following findings would be a priority concern if need during the assessment of a woman who is 12 hours postpartum:-
- a. Postural hypotension
  - b. Temperature of 37.9 degree Celsius
  - c. Pulse rate of 55 BPM
  - d. Lower abdominal tenderness
  - e. Pain in the calf with dorsiflexion of the foot
27. The LEAST effective e measure in prevention of postpartum hemorrhage is:-
- a. Administering ergometrine every 6 hours
  - b. Encourage the woman to void every 2 hours
  - c. Massage the fundus every hour for the first 24 hours after delivery
  - d. Encourage bed rest
  - e. Administering oxytocin
28. A woman is admitted to the postpartum unit two hours after delivery, she had spontaneous rupture of membranes 24 hours before delivery. The priority nursing action would be:-
- a. Monitor her temperature every two hours
  - b. Provide perineal care with antibiotic cream every four hours
  - c. Maintain a strict perineal pad count
  - d. Have the mother take a sitz bath four times a day
  - e. Encourage her to observe strict hygiene measures
29. Management of mastitis includes all the following EXCEPT:-
- a. Amoxicillin/clavulanic acid 625 mgs tds for 10 days
  - b. Cloxacillin 500 mgs bd for 5 days
  - c. Erythromycin 250 mgs every 8 hours for 10 days
  - d. Paracetamal 500 mgs 4-6 hours as required
  - e. Cold compresses

30. You are teaching a mother about hyperbilirunemia in her newborn. The most appropriate instructions to the mother regarding breastfeeding would be:-
- To breast feed the infant less frequently
  - To switch to bottle feeding after two weeks
  - To use bromocriptine till the infant gets better
  - To stop breast feeding and switch to bottle feeding permanently
  - To continue breast feeding every 2-4 hours.

## **SECTION B**

### **SHORT ANSWERS QUESTIONS (SAQ'S) (30 MARKS)**

**Answer ALL questions in this section**

- (a). Differentiate between postpartum depression and postpartum blues.(2 Marks)

(b). state any **FIVE (5)** features of postpartum psychgosis. (5 Marks)
- You are teaching postnatal clients on breast care during lactation. Briefly explain **FIVE (5)** ways of caring for the breasts during lactation. (5 Marks)
- Briefly describe the findings of abdominal examination in the immediate postnatal period. (5 Marks)
- Miss Q delivered through SVD 2 days ago and has come back to the postnatal clinic with complains of increased lochia loss. She states that she has used 3 pads which were soaked.

a) Basing on this information, what is her likely diagnosis? Give a reason for your answer. (5 Marks)

b) State **FIVE (5)** predisposing factors to uterine atony. (5 Marks)
- Outline **FOUR (4)** social related factors predisposing to puerperal sepsis. (4 Marks)
- State **FOUR (4)** benefits of pelvic exercise during puerperium. (4 Marks)



**SECTION C**

**LONG ESSAY QUESTIONS (LEQ'S)**

**(40 MARKS)**

**ANSWER ALL QUESTIONS IN THIS SECTION**

1. Miss X is a new mother having delivered a health, normal newborn 24 hours ago. She is overcome with joy as she admires her newborn baby. However, she is wondering how to ensure a strong bond between her and her baby.
    - a. Explain the information you will teach her to enhance mother-child relationship (bonding) (10 Marks)
    - b. Using short topics, discuss how you will counsel her comprehensively as a new mother. (10 Marks)
  2. A client who delivered 2 weeks ago has come to the postnatal clinic for her routine postnatal follow-up.
    - a. Explain the components of the health history for this client according to targeted postnatal care. (10 Marks)
    - b. Discuss how you will perform a targeted physical examination to this client. (10 Marks)
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