

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

SECOND YEAR EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF SCIENCE IN NURSING

NURS 285: MIDWIFERY IV (PUERPERIUM)

STREAMS: BSC (NURS) Y1S2

TIME: 2 HOURS

DAY/DATE: WEDNESDAY 23/04/2025

11.30 A.M. – 1.30 P.M.

INSTRUCTIONS:

- 1. Do not write anything on the question paper.**
- 2. Mobile phones and any other reference materials are NOT allowed in the examination room.**
- 3. The paper has three sections. Answer ALL questions All your answers for Section I (MCQs) should be on one page.**
- 4. Number ALL your answers and indicate the order of appearance in the space provided in the cover page of the examination answer booklet.**
- 5. Write your answers legibly and use your time wisely**

SECTION A: MULTIPLE CHOICE QUESTIONS [ONE MARK EACH] [20 MARKS]

- 1) How can smoking affect breastfeeding?
 - a) Suppresses milk production
 - b) Alters the composition of breast milk
 - c) Increases the risk of early cessation of breastfeeding
 - d) all of the above
- 2) The nurse is caring for a neonate whose mother is diabetic would expect the neonate to be:
 - a) Hypoglycemic. small for gestational age
 - b) Hyperglycemic. large for gestational age
 - c) Hypoglycemic. large for gestational age
 - d) Hyperglycemic. small for gestational age
- 3) Which of the following findings during the fourth stage would require immediate interventions by the nurse?
 - a) Fundus firm and at midline
 - b) Fundus firm, deviated to the right, with slight distention over the symphysis pubis
 - c) Blood pressure and pulse slightly lower than reading during second stage of labor
 - d) Lochia is bright red, with a few small clots

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- 4) Immediately after birth the uterus is about the size of a large grapefruit and the fundus can be palpated
- midway between the symphysis pubis and umbilicus
 - at the level of the umbilicus
 - at the symphysis
 - above the umbilicus
- 5) Marked leukocytosis occurs during the postpartum period. The WBC count increases to as high as _____.mm³ The WBC count should fall to normal values by day ____.
- 15,000,7 days
 - 30,000,10 days
 - 30,000,7 days
 - 15,000,10 days
- 6)One nursing measure that can help prevent postpartum hemorrhage and urinary tract infections is:
- Forcing fluids.
 - Perineal care.
 - Encouraging voiding every 2 to 3 hours.
 - Encouraging the use of stool softeners.
- 7)When assessing a woman who gave birth 2 hours ago, the nurse notices a constant trickle of lochia. The uterus is well contracted. The next nursing action should be to:
- Massage the fundus.
 - Continue to monitor
 - Notify the physician.
 - Assess the blood pressure and pulse for changes.
- 8)Causes of constipation during the postpartum period includes
- Diminished bowel tone
 - Overhydration during labor
 - Episiotomy that causes the fear of pain with elimination
 - A and C
- 9)Which newly delivered mother with an unassisted birth is at greatest risk for lacerations of the cervical area of vagina?
- Primigravida with 10-hour labor, 1-hour pushing stage
 - Gravida 2 with an 8-hour labor, 30-minute pushing stage
 - Gravida 2 with a 1-hour labor, 10-minute pushing stage
 - Gravida 3 with a 5-hour labor, 30-minute pushing stage
- 10)When caring for a newborn the nurse must be alert for signs of cold stress which would include?
- Decreased activity level
 - Increased respiratory rate
 - Hyperglycemia
 - Shivering

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- 11) Excessive amounts of bilirubin during the first week of life can be caused by?
- Longer red blood cell life
 - Liver immaturity
 - Sterile intestines
 - Trauma during birth
- 12) Puerperal infection may be spread by several routes. The most common route that results in serious complication of a septic thrombophlebitis?
- arterial
 - direct extension
 - lymphatic
 - venous
- 13) A newborn can lose up to ___% of its birth weight during the first 7 to 10 days of life.
- 10
 - 5
 - 15
 - 6
- 14) When doing the initial measurements of a newborn, the nurse records the head diameter as 34 cm and the chest diameter as 32 cm. The nurse is aware that:
- These measurements are within normal limits.
 - The chest is too large for the head.
 - The head is too large for the chest.
 - None of the above
- 15) The amount of breast milk produced depends primarily on adequate:
- Amounts of estrogen and progesterone.
 - Stimulation of the breast.
 - Amounts of oxytocin.
 - Stimulation of the fundus
- 16) The best remedy for inverted nipples is for the nurse to teach the mother to:
- pull the nipples out once a day to convert the inversion.
 - Roll the nipples twice a day to pull out the nipple.
 - Wear a breast shell in her bra.
 - Wear a tighter-fitting bra.
- 17) As part of her postpartum discharge counseling, a mother should be told that few things interfere with lactation, but she should avoid which of the following?
- Depo-Provera
 - high dose ($\geq 50 \mu$ gestradiol) oral contraceptive pills
 - Levonorgestrel intrauterine device (IUD)
 - progestin-only oral contraceptive pill (minipill)

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18) At delivery, a perineal laceration tore through the skin of the fourchette, vaginal mucous membrane, and the fascia and perineal muscles of the perineal body but not the anal sphincter or mucosa.

- a) first-degree
- b) third-degree
- c) fourth-degree
- d) second-degree

For 19 and 20 A patient calls the clinic complaining of continued heavy vaginal bleeding. She had an “uncomplicated” vaginal birth 2 weeks ago of her second child.

19) What is the most likely diagnosis?

- a) coagulopathies
- b) retained placental fragments
- c) uterine atony
- d) vaginal lacerations

20) The most efficacious treatment of persistent uterine hemorrhage in this patient is?

- a) dilation and curettage (D&C)
- b) Ergotrate
- c) high doses of estrogen
- d) high doses of progesterone

PART II: SHORT ANSWER QUESTIONS (30 MARKS)

- 1) Compare and contrast caput succedaneum and cephalohematoma (6 marks)
- 2) Describe the lactational amenorrhea method for family planning (6 marks)
- 3) Explain four challenges of community midwifery (8 marks)
- 4) Describe the physiological changes that occur during the postpartum period
 - a) Respiratory system (4 marks)
 - b) Lochia loss (6 marks)

PART III: LONG ANSWER QUESTION (20 MARKS)

- 1) A 20 yr old Miss D comes to clinic four days after delivery of a Live female infant with a birth weight of 3kgs APGAR score 9.9.10. After history taking and physical exam, a diagnosis of puerperal sepsis is made.
 - a) Explain the pathophysiology of puerperal sepsis (5 marks)
 - b) Describe the nursing care to be offered by use of three priority nursing diagnosis (12 marks)
 - c) State three complication that may occur (3 marks)
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