

INTRODUCTION TO RH & MIDWIFERY EXAMINATION

PART I: MULTIPLE CHOICE QUESTIONS

40 MARKS

1. **Lower uterine segment develops from the:**
 - a) Fundus
 - b) Cornua
 - c) Isthmus
 - d) Corpus
2. **The smallest fetal skull diameter measures**
 - a) 9.2 cm
 - b) 7.5 cm
 - c) 8.2 cm
 - d) 9.5 cm
3. **A woman who has never given birth to a viable baby is referred to as a**
 - a) Primigravida
 - b) Primipara
 - c) Nullipara
 - d) Multipara
4. **The fetal position that is most favourable for a normal spontaneous delivery is**
 - a) Transverse position of shoulders
 - b) Vertex presentation
 - c) Breech presentation
 - d) Posterior position of fetal head
5. **The external genitalia structure associated with carunculae myrtiliformes is**
 - a) Perineum
 - b) Vestibule
 - c) Hymen
 - d) Clitoris
6. **Pelvic assessment is carried out as from**
 - a) 24 weeks onwards.
 - b) Onset of labour.
 - c) 36 weeks onwards.
 - d) Conception onwards
7. **The chorionic villi that secures the placenta on the decidua are known as**

- a) Anchoring villi
- b) Nutritive villi
- c) Chorion frondosum
- d) Chorion laeve

8. **The hormone responsible for milk ejection is:-**

- a) Prolactin
- b) Progesterone
- c) Oestrogen
- d) Oxytocin

9. **Warmth and pinkish appearance of the vagina results from:-**

- a) Increased acidity
- b) Increased vascularity
- c) Decreased exudates
- d) Decreased elasticity

10. **During pelvic assessment, evaluation of the outlet is based on**

- a) State of intertuberos diameter and pubic arch.
- b) State of ischial spines and sciatic notches.
- c) State of bispinous and intertuberos diameters.
- d) State of coccyx and inferior pubic rami.

11. **The area of the decidua , directly underneath the developing embryo is known as**

- a) Parietalis
- b) Compactalis
- c) Basalis
- d) Capsularis

12. **Abnormalities of the placenta include**

- a) Tripartite, battledore and circumvallata
- b) Velamentous, fenestrata and percreta
- c) Succenturiate, chorioangioma and accrete
- d) Membranaceous, bipartite and fenestrata

13. **The narrowest part of the uterine tube is**

- a) Intramural
- b) Isthmus
- c) Ampulla
- d) Infundibulum

14. The region of the fetal skull bounded superiorly by orbital ridges and inferiorly by mentum is

- a) Vertex
- b) Face
- c) Brow
- d) Base

15. The aim of having the nipple and half of the areola within the baby's mouth is to

- a) Ensure best position
- b) Finish feed successfully
- c) Trigger sucking reflex
- d) Have baby relax

16. At 36 weeks, a normal fetus is expected to weigh

- a) 2000 gm
- b) 2500 gm
- c) 3000 gm
- d) 1800 gm

17. The relief experienced on maternal lungs two weeks prior to labour onset due to expansion of the lower uterine segment is collectively referred to as

- a) Engagement
- b) Lightening
- c) Descent
- d) Flexion

18. The statement that BEST defines fetal lie is

- a) The relationship between the long axis of the fetus and the long axis of the uterus
- b) The part of the presentation used when referring to the fetal position in the uterus
- c) The relationship of the fetal head and limbs to its trunk
- d) The part of the fetus which first lies at the pelvic brim

19. Which of the following statements best describes a term fetus?

- a) The baby, once it is mature enough to survive outside the womb.
- b) The maternal tissue, plus the umbilicus and placenta.
- c) The unborn offspring, from the end of the 8th week of conception until birth
- d) The baby from 9 weeks gestation up to the first 7 days after delivery

20. One of the following statements is correct with regards to prolactin hormone:

- a) It's secreted by the posterior lobe of the pituitary gland.
- b) It's the hormone responsible for the milk ejection reflex.
- c) Its presence in high levels suppresses ovulation.
- d) causes the myoepithelial cells within alveoli to contract.

21. One collective name given to the female external reproductive organs:

- a) Vault
- b) Vulva
- c) Fourchette
- d) Vestibule.

22. One of the following statements is correct with regards to follicle stimulating hormone (FSH) & Luteinizing hormone (LH):

- a) FSH and LH are released from the anterior pituitary gland.
- b) FSH and LH are secreted by the corpus luteum of the ovary
- c) FSH and LH are secreted by the adrenal glands
- d) FSH and LH stimulate the formation of milk during pregnancy.

23. A nurse is describing the process of fetal circulation to a client during a prenatal visit. The nurse accurately tells the client that fetal circulation consists of:

- a) Two umbilical veins and one umbilical artery.
- b) Two umbilical arteries and one umbilical vein.
- c) Arteries carrying oxygenated blood to the fetus.
- d) Veins carrying deoxygenated blood to the fetus.

24. During a prenatal visit at 38 weeks, a nurse assesses the fetal heart rate. The nurse determines that the fetal heart rate is normal if which of the following is noted?

- a) 80 BPM
- b) 100 BPM
- c) 150 BPM
- d) 180 BPM

25. A nurse is collecting data during an admission assessment of a client who is currently pregnant with twins. The client has a healthy 5-year-old child that was delivered at 37 weeks and tells the

nurse that she doesn't have any history of abortion or fetal demise. The nurse would document the client as:

- a) Gravida 3, Para 2+0
- b) Gravida 2, Para 3+0
- c) Gravida 2, Para 1+1
- d) Gravida 2, Para 1+0

26. The uppermost and largest bone of the pelvis is:

- a) Iliac crest
- b) Ilium
- c) Ischium
- d) Obturator foramen

27. The Pelvis can be divided into how many areas?

- a) 8.
- b) 6.
- c) 10.
- d) 9.

28. This is the region where the head of the femur fits into the pelvis:

- a) Acetabulum.
- b) Obturator foramen.
- c) Sacroiliac joint.
- d) Pubic Tubercle.

29. For Question 29, indicate whether True (T) or False (F) regarding the pelvis:

- a) The function of the pubis is to provide protection to the urinary and reproductive organs:
- a) Ischium is found below the acetabulum and behind the pubis.

30. One of the following statements is correct with regards to the male reproductive system:

- b) The testis forms a pouch in which the scrotum is located.
- c) The testis produce and store testosterone.
- d) Tunica vasculosa forms the outermost layer of the testis

31. The two thin hairless longitudinal folds on the external female genitalia are:

- a) Labia Majus.
- b) Labia minus.
- c) Fourchette.
- d) Vestibule.

32. One of the following is correct with regards to the neighbouring structures of the vagina:

- a) Urinary bladder forms the anterior boarder.
- b) Pouch of douglas forms the anterior boarder.
- c) Cervix forms the inferior boarder.
- d) Isthmus forms the anterior boarder.

33. For Question 33, match the following uterine supports (ligaments) in column A with their correct description in column B:

COLUMN A:

- a) Transverse cervical ligaments.
- b) Utero-sacral ligaments.

COLUMN B:

- i. Originates from the anterior aspect of the cervix.
- ii. Pulls the cervix forward.
- iii. Spreads from the posterior surface of the cervix, passes backwards, to be inserted to the sacrum.
- iv. Spreads out from the lateral aspect of the cervix to the side walls of the pelvis.
- v. Are formed from a double fold of the peritoneum draping over the uterine tubes.

34. In the menstrual cycle, at which point is a woman most fertile?

- a) Days 1-5.
- b) Days 9-16.
- c) Days 17-21.
- d) Days 22-28.

35. One of the following statements is correct regarding menstruation:

- a) In a normal 28 day menstrual cycle you would expect menstruation to last 6-9 days.
- b) During menstruation, the entire endometrium is shed.
- c) During menstruation, only the functional layer of the endometrium is shed, with the basal layer remaining intact.
- d) Absence of menstruation always indicates an active pregnancy.

36. The corpus leutium is responsible for producing one of the following hormones:

- a) Oestrogen.
- b) Progesterone.
- c) Follicle stimulating hormone.
- d) Luteinizing hormone.

37. Capacitation of the sperm:

- a) Is caused by the zona pellucida.

- b) Occurs in the male.
- c) Prevents polyspermy.
- d) Is essential for fertilization.

38. The early stages of cleavage are characterized by:

- a) Formation of a hollow ball of cells.
- b) Formation of the zona pellucida.
- c) Increase in the size of the cells in the zygote.
- d) Increase in the number of cells in the zygote.

39. During which stage do the three primary layers first appear?

- a) Blastulation.
- b) Neurulation.
- c) Fertilization.
- d) Gastrulation.

40. Mother's milk during lactation is rich in:

- a) IgA.
- b) IgG.
- c) IgM.
- d) IgE.

PART II: SHORT ANSWER QUESTIONS

40 MARKS

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| 1. Draw a diagram of the cross-sectional view of the female lactating breast and label eight specific areas. | 5marks |
| 2. State four (4) functions of liquor amnii. | 4 marks |
| 3. Explain four (4) functions of the placenta. | 8 marks |
| 4. Outline five (5) pillars of the Kenya Maternal & Newborn health model. | 5 marks |
| 5. State four (4) changes expected during foetal development at 16 weeks. | 4 marks |
| 6. In the fetal skull, explain the three areas that make up the vault. | 6 marks |
| 7. Explain four (4) temporary structures in the fetal circulation and their functions. | 8 marks |

PART III: ESSAY/LONG ANSWER QUESTION

20 MARKS

Question One (1):

As an aspiring Reproductive Health practitioner, acquisition of basic knowledge in Midwifery is essential.

- a) Draw and completely label a diagram of the external female genitalia. **5 marks.**
- b) State three (3) functions of the uterine tubes. **3 marks**
- c) Describe four (4) types of inherited pelvis. **10 marks**
- d) State two (2) hormones involved in the menstrual cycle and their role. **2 marks**