

## MODULE: MATERNAL NEWBORN HEALTH I

### PART I: MULTIPLE CHOICE QUESTIONS

**(20 MARKS)**

1. **During labour, formation of the retraction ring denotes:-**
  - a) An obstructed labour.
  - b) Possible uterine rupture.
  - c) That the mother is in distress.
  - d) Normal progress of labour.**
2. **The THIRD visit of targeted post-natal care is performed between:-**
  - a) 4 to 6 weeks**
  - b) 1 to 2 weeks
  - c) 4 to 6 months
  - d) 4 to 8 weeks
3. **Mrs X is in active labour with membranes still intact. The Midwife prepares to perform amniotomy. A nurse who is assisting the midwife explains to the client that after this procedure, she will most likely have:-**
  - a) Increased efficiency of contractions.**
  - b) Less pressure on her cervix.
  - c) Reduced intensity of the contractions.
  - d) The need for increase in frequency of her BP monitoring.
4. **During labour, the frequency of a contraction is assessed from:-**
  - a) The beginning of a contraction to the end of the same contraction.
  - b) The end of one contraction to the beginning of another contraction.**
  - c) The beginning of a contraction to the end of the second contraction.
  - d) The beginning of a contraction until the time the uterus becomes firm.
5. **The statement that is correct with regards to principles common to all mechanisms of labour is:-**
  - a) Descent takes a halt after delivery of the occiput.
  - b) The leading part rotates anteriorly 45° to lie under the symphysis pubis.**
  - c) The sinciput rotates first anteriorly 45° to lie under the symphysis pubis.
  - d) Whatever emerges from the pelvis will pivot around the ischium bone.

6. **During the second stage of labour, the PRIORITY action to take after crowning of the head is to:-**
- a) Clear the neonate's airway
  - b) Check for cord prolapse
  - c) Keep the neonate warm
  - d) Check for cord around the neck**
7. **In the immediate post-partum period, the midwife should take the woman's vital signs:-**
- a) Every 15 minutes during the first 1 hour**
  - b) Every 30 minutes during the first 1 hour
  - c) Every hour for the first two hours
  - d) Every 5 minutes for the first 30 minutes
8. **The primary CRITICAL observation for Apgar scoring is the:-**
- a) Heart rate**
  - b) Respiratory rate
  - c) Presence of meconium
  - d) Evaluation of moro reflex
9. **The term that is used to describe the fine downy hairs covering the neonate's skin at birth is-**
- a) Caseosa
  - b) Milia
  - c) Patches
  - d) Lanugo**
10. **Moro reflex response usually disappears after-**
- a) 6 months
  - b) 4 months**
  - c) 2 months
  - d) 3 months
11. **The correct statement about the involution of the uterus during puerperium is-**
- a) Through ischaemia, uterine muscle fibres are auto-digested by the proteolytic hormone
  - b) The process occurs mainly through autolysis which involves localized uterine anaemia
  - c) Lining of the uterus is cast off and replaced first by granular tissue**

d) Lining of the uterus is cast off and replaced first by the decidua

**12. A normal neonate in good condition after birth achieves an Apgar score of-**

- a) 6 to 10.
- b) 4 to 8.
- c) 8 to 10.**
- d) 6 to 7.

**13. During delivery of the placenta via controlled downward traction method, the midwife maintains counter-traction with the non-dominant hand all through in order to:-**

- a) Prevent possible acute uterine inversion.**
- b) Aid in quick delivery of the placenta.
- c) Avoid contaminating the delivery field.
- d) Enhance complete delivery of the placenta.

**14. Nurse Y is assisting a mother who is in second stage of labour. During which mechanism does the nurse check for the cord around the baby's neck?**

- a) Before the head has completed crowning
- b) When the head is internally rotating
- c) During birth of the head by extension**
- d) During external rotation of the head

**15. During the third stage of labour, the main factor that enhances the descent of the placenta into the lower uterine segment is the:-**

- a) Contraction of the myometrial muscle layer.
- b) Weight of the Retroplacental clot.**
- c) Separation of the placenta with the aid of gravity.
- d) Compression of uterine blood vessels.

**16. An important characteristic of normal labour is that:-**

- a) It's completed within 18 hours from 1<sup>st</sup> stage to 4<sup>th</sup> stage**
- b) It occurs at term between 32 and 40 weeks of gestation
- c) It is spontaneous after an induction
- d) The foetus presents by the vertex

**17. Following normal delivery, the assistant is instructed to keep the baby warm, score at 5 minutes & at 10 minutes then:-**

- a) Take birth weight, administer vitamin K**

- b) Take neonate to NBU, take birth weight
- c) Take neonate to NBU, give tetracycline eye ointment
- d) Bring neonate for breastfeeding, take neonate to NBU

18. **The immediate critical observation for APGAR scoring in a baby who has just been born via SVD is:-**

- a) Counting respiratory rate
- b) Evaluation of moro reflex
- c) Presence of meconium
- d) Checking the heart rate**

19. **Mrs Luiz weighs 71 kg at 24 weeks gestation. At 32 weeks, she is expected to weigh:-**

- a) 79 kg.
- b) 75 kg.**
- c) 73 kg.
- d) 77 kg.

20. **While providing care to the neonate after birth, which one of the following interventions has the HIGHEST PRIORITY?**

- a) Administer vitamin K
- b) Administer IV dextrose
- c) Cover the neonate's head with a cap**
- d) Perform top-tailing of the neonate

## **PART II: SHORT ANSWER QUESTIONS**

**(40 MARKS)**

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|---|----------------|
| 1. State five (5) aims of performing vaginal examination in labour.                 | <b>5 marks</b> |
| 2. List eight (8) components of a delivery pack.                                    | <b>4 marks</b> |
| 3. Outline five (5) signs of placenta descent during the third stage of labour.     | <b>5 marks</b> |
| 4. State five (5) Probable features of pregnancy.                                   | <b>5 marks</b> |
| 5. Outline five (5) observations charted on the partograph.                         | <b>5 marks</b> |
| 6. Explain three (3) minor disorders of puerperium.                                 | <b>6 marks</b> |
| 7. Explain two (2) methods of placenta separation during the third stage of labour. | <b>4 marks</b> |
| 8. Describe the sequential changes in lochia during puerperium.                     | <b>6 marks</b> |

### **PART III: LONG ANSWER QUESTIONS**

**(40 MARKS)**

#### **Question One (1):**

Mrs Stati, aged 29 years, is a para 1+0 .She is 28 weeks pregnant and enrolled in the Focused Antenatal Care (FANC) programme.

- a) Describe the term “Focused antenatal care (FANC)”. **3 marks**
- b) Describe the management of Mrs. Stati under the following goals of FANC: **9 marks**
  - i. Early detection and treatment of problems
  - ii. Birth preparedness
  - iii. Health promotion
- c) Explain four (4) minor disorders of pregnancy. **8 marks**

#### **Question two (2):**

Mrs Clara, now a Para 1+0 has just given birth to a live healthy male neonate.

- a) What is meant by the term ‘*normal neonate*?’ **1 mark**
- b) Explain the physiology of the neonate under the sub- headings:- **4 marks**
  - i. The respiratory system.
  - ii. The renal system.
- c) State three (3) reasons as to why the physiology of the neonates predisposes them to poor thermal regulation. **3 marks**
- d) Describe the specific examination carried out on Mrs. Clara’s baby within the next four hours. **12 marks**