



THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

A. M. E. C. E. A

MAIN EXAMINATION

SEPTEMBER –DECEMBER 2021

SCHOOL OF NURSING

REGULAR PROGRAMME

NUR 309: MIDWIFERY III

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Date: DECEMBER 2021

Duration: 3 Hours

INSTRUCTIONS: i) All questions are compulsory

ii) Indicate the answers in the answer booklet provided

PART -I: MULTIPLE CHOICE QUESTIONS (MCQs)

(20 MARKS):

1. Which is the most accurate diagnostic tool for meconium aspiration syndrome?
 - a) Chest X-ray
 - b) ABG analysis
 - c) Evaluation of the vocal cords using a laryngoscope
 - d) Amniotic fluid testing for meconium
2. What's the role of surfactant in the lungs?
 - a) It coats the alveoli to help keep them open so that gas exchange can occur.
 - b) It increases pulmonary capillary blood flow.
 - c) It increases respiratory rate to correct acidemia.
 - d) It prevents bronchospasm.
3. Which maternal disorder increases the chances that the mother will have a neonate who develops transient tachypnea of the neonate (TTN)?
 - a) Sick cell anemia
 - b) Hyperemesis gravidarum

- c) Macrosomia
 - d) Asthma
4. When teaching a postpartum woman with an episiotomy about using a sitz bath, the nurse should emphasize:
- a) Using sterile equipment.
 - b) Filling the sitz bath basin with hot water
 - c) Taking a sitz bath once a day for 10 minutes.
 - d) Squeezing her buttocks together before sitting down, then relaxing them
5. Which measure would the woman who isn't breast-feeding use to minimize engorgement?
- a) Cold compresses
 - b) Manual expression
 - c) Warm showers
 - d) Nipple stimulation
6. Which finding would lead you to suspect that a woman has developed hypovolemic shock secondary to postpartum hemorrhage?
- a) Respiratory rate of 22 breaths/minute
 - b) Pale pink, moist skin
 - c) Urine output below 25 ml/hour
 - d) Bounding peripheral pulses
7. A patient reports foul-smelling lochia with strong uterine contractions persisting after birth. Her temperature has been elevated, ranging from 39° C to 40° C, for the past 2 days. Her uterus is firm but tender, and her abdomen is soft with no guarding noted. You would suspect:
- a) Localized perineal infection
 - b) Peritonitis
 - c) Endometritis
 - d) Parametritis
8. Which microorganism most commonly causes mastitis?
- a) Staphylococcus aureus

- b) Staphylococcus epidermis
 - c) Beta hemolytic streptococcus
 - d) Mumps virus
9. A sign of respiratory distress in a neonate is:
- a) Acrocyanosis
 - b) Nasal flaring
 - c) Abdominal movements
 - d) Short periods of apnea (less than 15 seconds)
10. A nurse has assessed a woman who gave birth vaginally 24 hours ago. Which of the following findings would require further assessment?
- a) Bright to dark red uterine discharge
 - b) Midline episiotomy—approximated, moderate edema, slight erythema, absence of ecchymosis
 - c) Protrusion of abdomen with slight separation of abdominal wall muscles
 - d) Fundus firm at 1 cm above the umbilicus and to the right of midline
11. A woman, 24 hours after giving birth, complains to the nurse that her sleep was interrupted the night before because of sweating and the need to have her gown and bed linen changed. The nurse's first action would be to:
- a) Assess this woman for additional clinical manifestations of infection.
 - b) Explain to the woman that the sweating represents her body's attempt to eliminate the fluid that was accumulated during pregnancy.
 - c) Notify her physician of the finding.
 - d) Document the finding as postpartum diaphoresis.
12. Which of the following women at 24 hours after giving birth is least likely to experience afterpains?
- a) Primipara who is breastfeeding her twins that were born at 38 weeks of gestation
 - b) Multipara who is breastfeeding her 10-pound full-term baby girl
 - c) Multipara who is bottle-feeding her 8-pound baby boy
 - d) Primipara who is bottle-feeding her 7-pound baby girl

13. When assessing a newborn boy at 12 hours of age, the nurse notes a rash on his abdomen and thighs composed of reddish macules, papules, and small vesicles. The nurse would:
- a) Document the finding as erythema toxicum.
 - b) Isolate the newborn and his mother until infection is ruled out.
 - c) Apply an antiseptic ointment to each lesion.
 - d) Request nonallergenic linen from the laundry.
14. A breastfed full-term newborn girl is 12 hours old and is being prepared for early discharge. Which of the following assessment findings, if present, could delay discharge?
- a) Dark green–black stool, tarry in consistency
 - b) Yellowish tinge in sclera and on face
 - c) Swollen breasts with a scant amount of thin discharge
 - d) Blood-tinged mucoid vaginal discharge
15. A radiant warmer will be used to help a newborn girl to stabilize her temperature. The nurse implementing this care measure should do which of the following?
- a) Undress and dry the infant before placing her under the warmer.
 - b) Set the control panel between 35° to 38° C.
 - c) Place the thermistor probe on her abdomen just below her umbilical cord.
 - d) Assess her rectal temperature every hour until her temperature stabilizes.
16. During a home visit, the mother of a 1-week-old infant son tells the nurse that she is very concerned about whether her baby is getting enough breast milk. The nurse would tell this mother that at 1 week of age a well-nourished newborn should exhibit which of the following?
- a) A weight gain sufficient to reach his birthweight
 - b) A minimum of three bowel movements each day
 - c) Approximately 10 to 12 wet diapers each day
 - d) Breastfeeding at a frequency of every 4 hours or about 6 times each day

17. A breastfeeding woman asks the nurse about what birth control she should use during the postpartum period. Which is the best recommendation for a safe, yet effective method during the first 6 weeks after birth?
- a) Combination oral contraceptive that she used before she was pregnant
 - b) Barrier method using a combination of a condom and spermicide foam
 - c) Resume using the diaphragm she used prior to getting pregnant
 - d) Complete breastfeeding—baby only receives breast milk for nourishment
18. A new breastfeeding mother asks the nurse how to prevent nipple soreness. The nurse tells this woman that the key to preventing sore nipples would be which of the following?
- a) Limiting the length of breastfeeding to no more than 10 minutes on each breast until the milk comes in
 - b) Applying lanolin to each nipple and areola after each feeding
 - c) Using correct breastfeeding technique
 - d) Using nipple shells to protect the nipples and areola between feeding
19. A Rh-negative woman just gave birth to a healthy term Rh-positive baby boy. The direct and indirect Coombs' test results are both negative. The nurse should do which of the following?
- a) Prepare to administer Rho(D) immune globulin (RhoGAM) to the newborn within 24 hours of his birth.
 - b) Observe the newborn closely for signs of jaundice appearing within 24 hours of birth.
 - c) Recognize that RhoGAM is not needed because both Coombs' test results are negative.
 - d) Administer Rho(D) immune globulin intramuscularly to the woman within 72 hours of her baby's birth.
20. The nurse is caring for a newborn whose mother had gestational diabetes. His estimated gestational age is 41 weeks, and his birthweight is 4800 g. When assessing this newborn, the nurse should be alert for which of the following?
- a) Fracture of the femur

- b) Hypercalcemia
- c) Blood glucose level less than 40 mg/dL
- d) Signs of a congenital heart defect

PART-II: SHORT ANSWER QUESTIONS (SAQs)

(40 MARKS):

1. Outline four (4) ways by which deep venous thrombosis can be prevented during puerperium **(4marks)**
2. State five (5) differences between caput succedaneum and cephalhematoma **(5marks)**
3. State any five (5) reflexes in a newborn **(5marks)**
4. Explain four (4) health messages a midwife would share with a mother following caesarean section within the first six hours **(6marks)**
5. Outline five (5) ways a midwife can prevent hypothermia neonatorum **(5marks)**
6. Describe the physiology of involution of the uterus in the first 10 days after normal vaginal delivery **(5marks)**
7. State five complications likely to occur to the mother during puerperium **(5marks)**
8. Outline five (5) categories of babies who are likely to get neonatal sepsis **(5marks)**

PART III: LONG ANSWER QUESTIONS (LAQs)

(40 MARKS)

1. Mrs. kieni is admitted in the postnatal ward with her baby following a normal delivery
 - A. Define normal puerperium **(1mark)**

- B. Outline the ten (10) steps of successful breastfeeding as described by WHO (10marks)
- C. Explain six (6) key health messages you will share with Mrs. Kieni (9marks)
2. The preterm infant is vulnerable to a number of complications related to immaturity of body systems.
- A. Describe the potential problems and their physiologic basis for each of the areas listed below (10marks)
- i. Respiratory function
 - ii. Cardiovascular function
 - iii. Thermoregulation
 - iv. Central nervous system function
 - v. Nutritional status
- B. Formulate five (5) nursing diagnosis for a preterm baby and their nursing interventions (10marks)

END