

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF SCIENCE IN NURSING (UPFRADING)

NURU 281: MIDWIFERY

STREAMS: Y1T2

TIME: 2 HOURS

DAY/DATE: MONDAY 4/12/2017

2.30 PM – 4.30 P.M

INSTRUCTIONS:

- **Do not write on the question paper.**
- **Mobile phones and any other reference materials are not allowed in the examination room**
- **The paper has three sections. Answer all questions in section I and II and one question in section III**
- **All your answers for section I (MCQs) should be on the first page of the answer booklet.**
- **Number all your answers and indicate the order of appearance in the space provided in the cover page of the examination answer booklet.**

SECTION A: MULTIPLE CHOICE QUESTIONS (20MARKS)

1. You performed the Leopold's maneuver and found the following breech presentation, fetal back at the right side of the mother. Based on these findings , you can hear the fetal heart beat BEST in which location?
 - (a) Left lower quadrant
 - (b) Right lower quadrant
 - (c) Left upper quadrant
 - (d) Right upper quadrant

2. In Leopold's maneuver step # 1, you palpated a soft broad mass that moves with the rest of the mass. The correct interpretation of this finding is:
 - (a) The mass palpated in breech
 - (b) The presentation is breech
 - (c) The mass palpated is the back
 - (d) The mass palpated is the buttocks
3. In Leopold's maneuver step # 3 you palpated a hard round movable mass at the supra pubic area. The correct interpretation is that the mass palpated is:
 - (a) The buttocks because the presentation is breech
 - (b) The mass palpated is the head
 - (c) The mass is the fetal back
 - (d) The mass palpated is the fetal small part
4. The hormone responsible for a positive pregnancy test is:
 - (a) Estrogen
 - (b) Progesterone
 - (c) Human chorionic gonadotropin
 - (d) Follicle stimulating hormone
5. The hormone responsible for the maturation of the graafian follicle is:
 - (a) Follicle stimulating hormone
 - (b) Progesterone
 - (c) Estrogen
 - (d) Luteinizing hormone
6. The most common normal position of the fetus in utero is:
 - (a) Transverse position
 - (b) Vertical position
 - (c) Oblique position

- (d) None of the above
7. In the latter part of the 3rd trimester, the mother may experience shortness of breath. This complaint may be explained as:
- (a) A normal occurrence in pregnancy because the fetus is using more oxygen
 - (b) The fundus of the uterus is high pushing the diaphragm upwards.
 - (c) The woman is having allergic reaction to the pregnancy and its hormones
 - (d) The woman may be experiencing complication of pregnancy
8. Which of the following findings in a woman would be consistent with a pregnancy of two months duration?
- (a) Weight gain of 6-10 lbs and presence of striae gravidarum
 - (b) Fullness of the breast and urinary frequency
 - (c) Braxton hicks contractions and quickening
 - (d) Increased respiratory rate and ballottement
9. Which of the following is a positive sign of pregnancy?
- (a) Fetal movement felt by mother
 - (b) Enlargement of the uterus
 - (c) (+) pregnancy test
 - (d) (+) Ultrasound
10. What event occurring in the second trimester helps the expectant mother to accept the pregnancy?
- (a) Lightening
 - (b) Ballotment
 - (c) Pseudocyesis
 - (d) Quickening
11. Shoes with low, broad heels, plus a good posture will prevent which prenatal discomfort?
- (a) Backache

- (b) Vertigo
 - (c) Leg cramps
 - (d) Nausea
12. When pregnant woman experiences leg cramps, the correct nursing intervention to relieve the muscle cramp is:
- (a) Allow the woman to exercise
 - (b) Let the woman walk for a while
 - (c) Let the woman lie down and dorsiflex the foot towards the knees
 - (d) Ask the woman to raise her legs
13. From the 33rd week of gestation till full term, a healthy mother should have prenatal check up every:
- (a) 1 week
 - (b) 2 weeks
 - (c) 3 weeks
 - (d) 4 weeks
14. The expected weight gain in a normal pregnancy during the 3rd trimester is
- (a) 1 lbs a week
 - (b) 2 lbs a week
 - (c) 10 lbs a month
 - (d) 10 lbs total weight gain in the 3rd trimester
15. In the Batholoew's rule of 4, when the level of the fundus is midway between the umbilicus and xyphoid process the estimated age of gestation (AOG) is:
- (a) 5th month
 - (b) 6th month
 - (c) 7th month
 - (d) 8th month

16. The following are ways of determining expected date of delivery (EDD) when the LMP is unknown EXCEPT:
- (a) Naegele's
 - (b) Quickening
 - (c) Mc Donald's rule
 - (d) Batholomew's rule of 4
17. If the LMP is Jan 30, the expected date of delivery (EDD) is
- (a) Oct 7
 - (b) Oct 24
 - (c) Nov 7
 - (d) Nov 8
18. Kegel's exercise is done in pregnancy in order to:
- (a) Strengthen perineal muscles
 - (b) Relieve backache
 - (c) Strengthen abdominal muscles
 - (d) Prevent leg varicosities and edema
19. Pelvic rocking is an appropriate exercise in pregnancy to relieve which discomfort?
- (a) Leg cramp
 - (b) Urinary frequency
 - (c) Orthostatic hypotension
 - (d) Backache
20. The main reason for an expected increased need for iron in pregnancy is:
- (a) The mother may have physiologic anemia due to the increased need for the blood cell mass as well as the fetus requires about 350 -400 mg of iron to grow.
 - (b) The mother may suffer anemia because of poor appetite
 - (c) The fetus has an increased need for RBC which the mother must supply

(d) The mother may have a problem of digestion because of pica

PART B: SHORT ANSWER QUESTIONS (40 MARKS)

1. Draw a well labeled diagram of a breast . [5marks]
2. State five presumptive signs of pregnancy [5marks]
3. Describe abdominal examination of a pregnancy woman [8marks]
4. State five (5) physiological changes that take place in pregnancy. [5marks]
5. Explain how you would diagnose multiple pregnancy [5marks]
6. State four (4) minor disorder of pregnancy. [4marks]
7. Describe fetal circulation [8marks]

PART C : LONG ANSWER QUESTION (40MARKS)

1. Mrs. D is admitted to the antenatal ward with anaemia in pregnancy at 24 weeks gestation.
 - (i) Define anaemia [1mark]
 - (ii) State the classifications of anaemia in pregnancy. [3marks]
 - (iii) State four signs and symptoms that she may present with. [4marks]
 - (iv) Describe her management till discharge. [12marks]
 2. Mrs. J, is admitted in antenatal ward with pre-eclampsia at 30 weeks gestation.
 - (i) State the classification of hypertension diseases in pregnancy. [3marks]
 - (ii) Describe her management for the first 24 hours. [14marks]
 - (iii) State three complications that she may develop. [3marks]
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