



(University of Choice)

**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY**

(MMUST)

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2021/2022 ACADEMIC YEAR

**THIRD YEAR, FIRST TRIMESTER EXAMINATIONS
FOR THE DEGREE**

OF

BACHELOR OF SCIENCE IN PHYSIOTHERAPY

COURSE CODE: BSP 311

**COURSE TITLE: PHYSIOTHERAPY IN OBSTETRICS AND
GYNECOLOGY**

DATE: TUESDAY 19TH April, 2022

TIME: 8:00-11:00 AM

INSTRUCTIONS TO CANDIDATES

Answer all Questions

Sec A: Multiple Choice Questions (MCQ) 60 Marks

Sec B: Short Answer Questions (SAQ) (40 Marks)

Sec C: Long Answer Questions (LAQ) (40 Marks)

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 4 Printed Pages. Please Turn Over.

SECTION A: MULTIPLE CHOICE QUESTIONS

(20 Marks)

1. Which finding is considered normal during the antepartum period of pregnancy?
 - A. Resting pulse rate fluctuations ranging from 15 to 20 beats/minute
 - B. Slight decrease in respiratory rate
 - C. Altered breathing pattern with thoracic breathing replacing abdominal breathing
 - D. Hematocrit (HCT) increase of about 7%
2. A multigravida client at 39 weeks' gestation is diagnosed with gestational hypertension and HELLP syndrome. The doctor's top priority is to assess the client's:
 - A. White blood count (WBC) count.
 - B. Blood glucose levels.
 - C. Serum iron levels.
 - D. Platelet count.
3. A client presents to a prenatal clinic and tells a physician that she thinks she might be pregnant because she has not had a period for about 5 months. Which is the most definitive sign of pregnancy?
 - A. Elevated human chorionic gonadotropin.
 - B. The presence of fetal heart tones.
 - C. Uterine enlargement.
 - D. Breast enlargement and tenderness
4. A woman is practicing natural family planning methods. She asks a nurse about the most likely time for her to conceive. The doctor explains that conception is most likely to occur when:
 - A. Estrogen levels are low.
 - B. Luteinizing hormone is high.
 - C. The endometrial lining is thin.
 - D. The progesterone level is low.
5. A 34-year-old client with type 1 diabetes since age 5 asks a nurse for advice regarding methods of birth control. Which method of birth control is the best choice for a client with type 1 diabetes?
 - A. Intrauterine device.
 - B. Oral contraceptives.
 - C. Diaphragm.
 - D. Contraceptive patch.
6. A client, who is 44 years old, gravida 3, para 2, has just delivered a newborn suspected of having trisomy 21. Which characteristics would a pediatrician not observe in an infant with this condition?
 - A. Simian creases.
 - B. Increased muscle tone.
 - C. Flat appearance of the face.
 - D. Upward-slanting eye creases.
7. A client, who is gravida 1, para 0, is dilated to 6 cm, 100% effaced, and a 0 station for the past 2 hours without any change in her cervix. A physician orders oxytocin (Pitocin) augmentation. When evaluating the effectiveness of IV oxytocin augmentation, which outcome should a nurse anticipate?
 - A. A painless delivery.
 - B. Cervical effacement.
 - C. Infrequent contractions.
 - D. Progressive cervical dilation.
8. Methods of determining fetal presentation & position include:
 - A. Cullen's sign.
 - B. Leopold's maneuver.
 - C. Mauriceau-Smelli-Veit maneuver.
 - D. Careful history taking.

9. A client with type 1 insulin-dependent diabetes presents to a prenatal clinic at 17 weeks' gestation for α -fetoprotein testing. She asks a laboratory technician why this test is being performed. Which explanation by the technician would be most accurate?
- A. "This test is to determine the sex of your baby."
 - B. "This test is to determine glycemic control."
 - C. "This test is screening for neural tube defects."
 - D. "This test is to determine fetal lung maturity."
10. The fetal head may undergo changes in shape during normal delivery. The most common etiology listed is:
- A. Cephalohematoma.
 - B. Molding.
 - C. Subdural hematoma.
 - D. Hydrocephalus.
11. The follicular phase of menstrual cycle is characterized by:
- A. Endometrial gland proliferation.
 - B. Decreased Ovarian Estradiol production.
 - C. Progesterone dominance.
 - D. A fixed length of 8 days.
12. Hormonal replacement therapy is indicated for which symptoms during menopause?
- A. To prevent Alzheimer's disease
 - B. To treat overactive bladder
 - C. To treat psychosis in postmenopausal women
 - D. To treat severe vasomotor symptoms in postmenopausal women
13. Which of the statement is false in relation to incontinence?
- A. Stress incontinence is a leakage of urine in response to a decrease in intra-abdominal pressure
 - B. Urgency is a strong desire to void and can be due to increased bladder sensitivity
 - C. Detrusor instability is a urodynamic diagnosis
 - D. Urge incontinence is a strong desire to avoid along with involuntary leakage of urine
14. The main support of the uterus is provided by which ligament?
- A. The round ligament
 - B. The cardinal ligament
 - C. The infandilo-pelvic ligament
 - D. The broad ligament
15. Umbilical cord prolapse is associated with all the following, except? :
- A. Post maturity.
 - B. Cephalo pelvic disproportion.
 - C. Multiparity.
 - D. Footing breech presentation.
 - E. Anencephaly.
16. A primipara is in labor & and an episiotomy is about to be cut. Compared with midline episiotomy, an advantage of mediolateral episiotomy.
- A. Ease of repair,
 - B. Fewer breakdowns.
 - C. Lower blood loss.
 - D. Less Dyspareunia.
 - E. Less extension of the incision.
17. Estrogen hormone is produced from all of the following organs except:
- A. Corpus luteum.
 - B. Anterior pituitary (anterior lobe of hypophysis).
 - C. Placenta.

- D. Testes,
- E. Adrenal glands.

18. The volume of amniotic fluid is:

- A. Is closely related to the fetal crown-rump length in the 3rd trimester of pregnancy
- B. Maybe predicted by Ultrasound
- C. Is reduced in severe rhesus disease
- D. Increases following amniocentesis
- E. Is increased in sever pre-eclampsia

19. At term, the ligaments of the pelvis change. This can result in:

- A. Increasing rigidity of the pelvis.
- B. Degeneration of pelvic ground substance.
- C. Decreasing width of the symphysis.
- D. Enlargement of the pelvic cavity.
- E. Posterior rotation of the levator muscles.

20. In a vertex presentation, the position is determined by the relationship of what fetal part to the Mother's pelvis:

- A. Mentum.
- B. Sacrum.
- C. Acromion
- D. Occiput.

SECTION B: SHORT ANSWER QUESTIONS

(40 Marks)

1. A woman chooses to have ventouse delivery. What serious risks should be discussed before undertaking delivery?
2. Elaborate on the risk factors of postnatal depression
3. Discuss the main causes of postpartum hemorrhage
4. Discuss what is rectus diastasis and its management
5. Elaborate on the common postural deviations and their management during pregnancy
6. Deliberate on the peripheral nerve complications that may occur during labor
7. Describe the grading system for pelvic floor muscle contractions
8. Examine the different types of pelvis shapes

SECTION C: LONG ANSWER QUESTIONS

(40 Marks)

1. A 27-year-old woman is admitted to the gynecological ward. Her main complaint is the inability to control her urine, she is booked for colposuspension. Deliberate the complications of weak pelvic floor musculature. Plan her exercise program after the surgery.
2. Nyawando has chosen you to be her birthing partner. She goes into labour, and you instructor on her breathing. Apply the types of breathing exercises you may initiate during the different stages of labour highlighting the clinical outcomes you aim to achieve.