

**MASINDE MULIRO UNIVERSITY OF  
SCIENCE AND TECHNOLOGY  
(MMUST)**

**UNIVERSITY EXAMINATIONS**

**2021 / 2022 ACADEMIC YEAR**

**SECOND YEAR SECOND TRIMESTER EXAMINATIONS**

**FOR THE DEGREE**

**OF**

**BACHELOR OF SCIENCE IN MIDWIFERY**

**COURSE CODE: NMM 221 COURSE TITLE: Midwifery V:  
Peuperium, lactation (main)**

**DATE: THURSDAY, 21<sup>ST</sup> APRIL 2022**

**TIME: 11.30 AM-2.30PM**


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**INSTRUCTIONS TO CANDIDATE**

- Write your registration no, on every piece of paper used. Do not write your name.
- Read carefully any additional instructions preceding each section.

MMUST observes ZERO tolerance to examination cheating

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



**SECTION I MCQs (20 marks)**

1. The external organs of female reproductive system are collectively known as?
  - A. Genitalia
  - B. Vulva
  - C. Perineum
  - D. Fundus
2. Ligaments extending from cervix and vagina to the side wall of pelvis is:
  - A. broad ligaments
  - B. round ligaments
  - C. cardinal ligaments
  - D. uterosacral ligaments
3. Which organ lies in the pelvic cavity between the bladder and the rectum?
  - A. Uterus
  - B. Vagina
  - C. fallopian tubes
  - D. clitoris
4. The opening of vagina urethra and ducts of vestibular glands opens into?
  - A. labia majora
  - B. uterus
  - C. vestibule
  - D. labia minora
5. Temperature is slightly elevated up to 37.2C (99F) along with increased shivering, sweating, or diaphoresis in the first-----hours:
  - A. 24
  - B. 28
  - C. 30
  - D. 32
6. One of the following vital signs return to pre-pregnancy rate within 2-3 days after delivery:
  - A. Pulse
  - B. Temperature
  - C. Blood pressure
  - D. Respiration
7. Postpartum normalization of insulin sensitivity takes 15 to 16 weeks in:
  - A. Multiple pregnancy
  - B. Obese women
  - C. Multiparous women
  - D. Hypertensive
8. During puerperium the haemoglobin concentration return to normal level by:
  - A. 6 weeks
  - B. Day 7
  - C. Day 4
  - D. Day 1
9. In a normal puerperium the cervical os should be closed by:
  - A. Day 3
  - B. Day 7
  - C. Day 14
  - D. 6 weeks

10. On day seven postpartum the size of a normally involuting uterus should correspond to a gestational age of approximately:
- A. 8 weeks
  - B. 12 weeks
  - C. 16 weeks
  - D. 20 weeks
11. A postnatal mother presents to maternity ward with a diagnosis of puerperal pyrexia. The most appropriate action is to:
- A. Admit the patient and start her on ampicillin and metronidazole .
  - B. Treat the her with antibiotics at home.
  - C. Start tepid sponging and paracetamol to bring down the temperature.
  - D. Find out the cause of the pyrexia and start the appropriate treatment.
12. Which of the following indicate that puerperal pyrexia is caused by a genital tract infection?
- A. General malaise
  - B. Rigors
  - C. Offensive lochia
  - D. A marked tachycardia
13. A patient who develops the 'puerperal blues' needs to be:
- A. Referred to a psychiatrist
  - B. Nursed in isolation with her infant
  - C. Comforted and given an explanation of her feelings
  - D. Given benzodiazepine e.g. Ativan
14. One of the following is not a common breast problems in peuperium:
- A. Engorgement
  - B. Cracked nipples
  - C. Mastitis
  - D. Breast abscess
15. After pain experience by women after delivery:
- A. Voluntary contractions
  - B. Involuntary contractions
  - C. Autolysis
  - D. Ischemia of muscle fibres
16. In peuperium diet rich in vitamin is essential for:
- A. Collagen synthesis and tensile strength
  - B. Provision of energy
  - C. Energy for leucocytes
  - D. Wound maturation
17. Psychological deviation from normal is common problem in peuperium that can be prevented by midwife through:
- A. Involve a psychiatrist in care of pregnant women
  - B. Male involvement in childbirth
  - C. Effective relationship between the midwife and woman in pregnancy and childbirth.
  - D. Assigning a midwife & psychiatrist for each pregnant mother through labour and peuperium
18. Transient tachypnoea of the newborn is best managed with:
- A. Positioning
  - B. Administer prophylactic antibiotics
  - C. Keep the baby away from mother in newborn unit

D. Oxygen therapy to maintain adequate oxygenation

19. The muscle cells responsible for propelling the milk out of the lobule are:

- A. Lactiferous muscles
- B. Erectile muscles of the nipple
- C. Plain muscle in the lobule
- D. Myoepithelial cells

20. Management of sore nipples can include:

- i. Correcting positioning and latching
- ii. Moist warm compression
- iii. Stopping breastfeeding on the affected side
- iv. Temporary use of a nipple shield.

- A. 1, 2, 4
- B. 2, 3, 4,
- C. 1, 2, 3
- D. 1, 2, 4

#### SECTION II SAQS (40 marks)

1. Explain five factors that inhibits milk ejection reflex (10 marks).
2. Explain the neural arch of lactation (10 marks)
3. Outline risk factors for mild postnatal depression (10marks)
4. Explain any 5 complications in peuperium (10 marks)

#### SECTION III LAQS (40 marks)

1. Describe postpartum care of mother who delivered through caesarean section following failed induction of labour (20. marks)
2. During assessment of new on 4<sup>th</sup> day , the midwife notices that the baby is lethargic and unable to breast feed.
  - i. Explain any 4 complication of the newborn (8 marks).
  - ii. Describe the care of a baby under phototherapy (12 marks)