



**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)
UNIVERSITY EXAMINATIONS
2022/2023 ACADEMIC YEAR
SECOND YEAR SECOND TRIMESTER EXAMINATIONS
FOR THE DEGREE
OF
BACHELOR OF SCIENCE IN MIDWIFERY**

**COURSE CODE: NCD 312 COURSE TITLE: Midwifery 1V:
POSTPARTUM (main)**

DATE: TUESDAY, 11TH April 2023

TIME: 8AM-11AM

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: MCQ (20 marks)

1. Hormone responsible for uterine involution is:
 - A. Prolactin
 - B. Oxytocin
 - C. Progesterone
 - D. prostaglandin
2. In puerperium blood pressure return to normal range within:
 - A. 12 hour
 - B. 24 hour
 - C. 48 hour
 - D. 72 hour
3. Main cause of backache in pregnancy and puerperium is:
 - A. Extensibility of connective tissues due to effects of progesterone and relaxin
 - B. Process of labour
 - C. Weight of the uterus on pelvic floor muscles
 - D. Displacement of the uterus into abdominal cavity
4. Pitocin is prescribed for a woman to treat PostPartum hemorrhage. Before administration of these medications, the priority nursing assessment is to check the:
 - A. Uterine tone
 - B. Blood pressure
 - C. Amount of lochia
 - D. Deep tendon reflexes
5. A midwife is caring for a Post Partum woman who has received epidural anesthesia and is monitoring the woman for the presence of a vulva hematoma. Which of the following assessment findings would best indicate the presence of a hematoma?
 - A. Complaints of intense pain
 - B. Complaints of a tearing sensation
 - C. Signs of heavy bruising
 - D. Changes in vital signs
6. While assessing the postpartum client the midwife would expect to find:
 - A. Fundus 1 cm above the umbilicus on postpartum day 3
 - B. Fundus 1 cm above the umbilicus 1 hour postpartum
 - C. Fundus palpable in the abdomen at 2 weeks postpartum
 - D. Fundus slightly to the right; 2 cm above umbilicus on postpartum day 2
7. A midwife is preparing to assess the uterine fundus of a client in the immediate postpartum period. The midwife locates the fundus, notes that the uterus feels soft and boggy. Which of the following nursing interventions would be most appropriate initially?
 - A. Elevate the mother's legs
 - B. Massage the fundus until it is firm
 - C. Push on the uterus to assist in expressing clots
 - D. Encourage the mother to void

8. A midwife is monitoring the amount of lochia drainage in a client who is 2 hours postpartum and notes that the client has saturated a perineal pad in 1 hour. The nurse reports the amount of lochia flow as:
 - A. Scant
 - B. Light
 - C. Heavy
 - D. Excessive
9. The following change best describes the insulin needs of a client with type 1 diabetes who has just delivered an infant vaginally without complications:
 - A. Remain the same as before pregnancy
 - B. Decrease
 - C. Remain the same as during pregnancy
 - D. Increases
11. Following expulsion of the placenta vasoconstriction in the uterus leads to:
 - A. De-oxygenation and ischaemia
 - B. Release of proteolytic enzymes
 - C. Increase oxygenation and autodigestion of ischaemic fibres
 - D. Autolysis and increase blood supply
12. After pain is caused by:
 - A. Voluntary contractions
 - B. Involuntary contractions
 - C. Autolysis
 - D. Ischemia of muscle fibres
13. Psychological deviation from normal is a common problem in puerperium that can be prevented by:
 - A. Involve a psychiatrist in care of pregnant women
 - B. Effective relationship between the midwife and woman in pregnancy and childbirth.
 - C. Assign a midwife for each pregnant mother through labour and puerperium
 - D. Male involvement in childbirth
14. The most appropriate treatment for transient tachypnoea of the newborn is:
 - A. Clearing airway through suction
 - B. Administer prophylactic antibiotics
 - C. Oxygen therapy to maintain adequate oxygenation
 - D. Keep the baby away from mother in newborn unit
15. The smooth muscle cells that contract to propel the milk out of the lobule is:
 - A. Lactiferous muscles
 - B. Erectile muscles of the nipple
 - C. Plain muscle in the lobule
 - D. Myoepithelial cells
16. The most important nursing consideration in a postpartum woman with a hypotonic uterine contraction within 24 hours after delivery is to assess:
 - A. Infection
 - B. Bleeding
 - C. Foetal Heart Rate
 - D. Woman's coping mechanism

17. Ambulation is important activity in postnatal period because it is preventive measure for
- Deep venous thrombosis
 - Perineum pain
 - Inadequate milk production
 - Urine retention
18. The most important nursing consideration in a postpartum woman with a hypotonic uterine contraction within 24 hours after delivery is to assess:
- Infection
 - Bleeding
 - Foetal Heart Rate
 - Woman's coping mechanism
19. What is the cause of postpartum depression?
- An extreme drop in hormone levels
 - Specific vitamin deficiencies
 - Lack of sleep
 - Social stress
20. The nurse monitors his or her postpartum clients carefully because which of the following physiological changes occurs during the early postpartum period?
- Increased estrogen level.
 - Decreased urinary output.
 - Increased blood pressure.
 - Decreased blood volume
21. The nurse informs a graduate nurse on a postpartum unit that the human chorionic gonadotropin (HCG) would no longer be detected in the client's blood at?
- 4 weeks postpartum.
 - 2 days postpartum.
 - 12 hours postpartum.
 - 1 week postpartum

SECTION II: SAQs (40 marks)

- Explain four types of postpartum pains (8 marks)
- Psychological problems in pregnancy and peuperium may be missed out by the midwife; explain the reasons associated with it (8 marks).
- Outline eight risk factors for mild postnatal depression (8 marks)
- Describe cardiovascular changes during postpartum period (8 marks)
- Explain any 4 complications in peuperium (8 marks)

SECTION III: LAQs (40 marks)

- Describe normal emotional changes during peuperium (20 marks)
- Management of breast feeding is a major role of the midwife and the mother.
 - Outline the component of breast milk (7 marks)
 - Describe the role of midwife in breast feeding (13 marks)