



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

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2023/2024 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 5th November 2023

TIME: 8:00 - 10:00am

INSTRUCTIONS TO CANDIDATES

Answer all Questions

Sec A: Multiple Choice Questions (MCQ) 20 Marks

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

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

TIME: 2 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) The most common site of endometriosis is
 - A. The pouch of Douglas.
 - B. The ovary
 - C. The posterior surface of the uterus
 - D. The broad ligament
 - E. The pelvic peritoneum
- 2) The perineum is innervated by which of the following
 - A. Pudendal nerve
 - B. Inferior haemorrhoid nerve
 - C. Ilio-inguinal nerve
 - D. Genital femoral nerve
- 3) The following have been associated with bacteriuria in pregnancy:
 - A. Pre-term birth
 - B. Low birth weight
 - C. Prenatal mortality
 - D. Abortions
 - E. Diabetes mellitus
- 4) Active management of third stage of labour (AMSTIL) involves:
 - A. Using a balloon tamponade to enhance uterine involution
 - B. Delivery of the cord by controlled cord traction with counter traction over the supra pubic area
 - C. Monitoring of the Blood pressure, pulse rate, GCS, and Per vaginal bleeding every 20 minutes for one hour
 - D. Pelvic floor exercises (Kegel's exercise)
- 5) What is the bluish – purple discoloration of the cervix and vagina?
 - A. Ballotement's sign
 - B. Hegars's sign
 - C. Wharton's sign.
 - D. Chadwick's sign
- 6) The following are predisposing factors for placenta praevia.
 - A. Repeated induced abortion.
 - B. Multi foetal gestation.
 - C. IVF.
 - D. Malposition.
 - E. Congenital anomalies of the uterus.
- 7) Multifoetal gestation.
 - A. Induction of labour is contraindicated.
 - B. Are not monitored by partograph during labour.
 - C. Always delivered by C/section.
 - D. 2nd twin can be delivered by forceps.
 - E. PPH can occur with 2nd stage.
- 8) The perineal body is made of the following muscles.
 - A. Transverse perineal, Coccygeus, ischiocavernosus, levator ani, bulbocavernosus.
 - B. External anal sphincter, ischiocavernosus, bulbocavernosus, levator ani and transverse perini.
 - C. Bulbospongiosus, ischiocavernosus, transverse perineal, levator ani.
 - D. Bulbospongiosus, transverse perini, anal sphincter, levator ani.
 - E. None of the above
- 9) Analgesia during labour.
 - A. Pudendal nerve block is not recommended.

- B. Is not recommended in active labour.
 C. Is commonly practiced.
 D. Narcotics are commonly used in MUTH.
 E. Companion support in labour has shown to help.
- 10) Maternal changes in puerperium _____.
- A. Return to normality is 2 weeks after delivery.
 B. Return to normal 20 weeks after delivery.
 C. Return to normal 42 weeks after delivery.
 D. Return to normal 32 days after delivery.
 E. None of the above.
- 11) The following are effects of progesterone in pregnancy.
- A. Reduces vascular tone and BP increases.
 B. Reduces vascular tone and peripheral temperatures increases.
 C. Increases vascular tone and BP increases.
 D. Increases vascular tone and BP decreases.
 E. All of the above.
- 12) Vacuum extraction:
- A. Is a spontaneous vertex delivery.
 B. Commonly done in our unit.
 C. Can be done on face presentation.
 D. Smallest cup is ideal.
 E. Analgesics are not required.
- 13) PID _____.
- A. Infection of the lower and upper genital tract.
 B. Cervicitis is included in the syndrome.
 C. Bacteroides are widely implicated.
 D. Chlamydia trachomatis is very common.
 E. Does not occur in pregnancy.
- 14) Dysmenorrhoea.
- A. There is pathology in spasmodic Dysmenorrhoea.
 B. Secondary dysmenorrhoea is mostly confined to adolescent.
 C. Primary dysmenorrhoea pain normally goes following pregnancy and delivery.
 D. Oral contraceptives puts play role.
 E. Investigations aren't required.
- 15) Classical c/section is:
- A. Vertical incision done in the upper uterine segment.
 B. Vertical incision made in the lower uterine segment.
 C. Vertical incision extended from the upper to the lower uterine segment.
 D. Transverse incision made in the lower uterine segment.
 E. None of the above.
- 16) About labour.
- A. Is divided into two stages.
 B. Latent phase is considered since the uterine contractions are started until the moment the cervix reaches a dilatation of 5 cm.
 C. Active phase is considered from 4 cm to 10 cm.
 D. Second stage commencement is at 9 cm.
 E. Maximum slope is part of the second stage.
- 17) The dangers of vacuum extraction include the following except.
- A. Antepartum Hemorrhage.
 B. Ruptured uterus.
 C. Post Partum Haemorrhage .
 D. Vaginal tears

- 18) The following are factors related to dystocia.
- Maternal Age
 - Gestational Diabetes.
 - Pelvic Organ Prolapse
 - Maternal exhaustion
 - Macrosomic foetus
- 19) Which statement is true regarding Vasectomy.
- Leads to sterility after 10 ejaculations.
 - May cause impotence.
 - Involves ligation of Vasa deferential.
 - Can lead to primary testicular failure.
 - Is reversible
- 20) What is the most effective way to preventing fistula in obstetric care.
- Development of primary health system is not important.
 - Improvement of transport facilities.
 - Adequate health policies.
 - Adequate vaccination's programs.
 - Women's rights empowering

SECTION B: SHORT ANSWER QUESTIONS

(40 MARKS)

- Discuss the typical presentation and natural history of puberty.
- Outline the modifiable factors affecting fertility
- Outline the major hormones that play a major role in pregnancy and their functions
- Osteoporosis is a common etiology in the climacteric period, outline the common fractures that are associated with this etiology and risk factors
- Examine the overall postural effect of pregnancy by the final month.
- Discuss what the acronym HELLP stands for when it is equated with diagnosis of preeclampsia
- Articulate the cardinal movements of the fetal head during labor
- As pertaining to fecal incontinence:
 - Define
 - What structures help to control bowel function

SECTION C: LONG ANSWER QUESTIONS (40 marks)

- Ms. Aketch is 6 months post-partum, She comes to you complaining of low back pain and difficulty performing activities of daily living that involve trunk activity. On examination you suspect that her core stability is compromised, she does not exercise.
 - Identify the core muscles (5 marks)
 - Outline their functions (5 marks)
 - Adapt an exercise program to address her problem (10 marks)
- Alhamasi is a multigravida on her 4 pregnancy she has come to the physiotherapy outpatient, she is currently on her 4 pregnancy 26 weeks of gestation and indicates she wants to keep fit and stay healthy she 45 years old. Write are your aims and plans of your exercise program during her pregnancy.