



SOLOMON ISLANDS NATIONAL UNIVERSITY
School of Nursing and Allied Health Sciences
Diploma of Nursing (Pre-Service)

NU 661 – NORMAL OBSTETRICS

FINAL EXAMINATION

SEMESTER 1, 2017



**SOLOMON ISLANDS NATIONAL UNIVERSITY
SCHOOL OF NURSING & ALLIED HEALTH SCIENCES
DIPLOMA OF NURSING (PRE-SERVICE) 2015 INTAKE
EXAMINATION**

UNIT CODE : NU 661 – NORMAL OBSTETRICS

TIME : 9.00 AM TO 12.00 MD

DATE : 15TH JUNE 2017

NAME:

REG. NO:

INSTRUCTIONS:

1. Please Read Your Instructions Carefully Before You Start.
2. The Paper Consists of Two Parts:
 - a) Part A: Multiple Choice Questions - 49 Marks
 - b) Part B: Short Answer Questions - 61 Marks

Total Marks - 100 Marks
3. Part A – Circle the most correct answer.
4. Part B – Write on the space provided.
5. All questions are compulsory, so make an attempt to answer all of them.
6. Answer only what is asked, and write clearly in **Blue** or **Black** pen and **NOT** in Pencil.
7. Write your full name on all answer sheets.
8. Time allowed one (1) hour (including 10 minutes of reading).
9. No body is allowed to leave the room after he/she gas seen the paper.

~ Best of luck ~

PART A: MULTIPLE CHOICE QUESTIONS**(49 MARKS)**

- 1) **THE FOLLOWING ARE THE STAGES OF CONCEPTION, EXCEPT:**
 - a) Trophoblast
 - b) Zygote
 - c) Blastocyst
 - d) Ovulation
- 2) **A OVUM CARRIES _____ PAIRS OF CHROMOSOMES**
 - a) 24
 - b) 23
 - c) 46
 - d) 48
- 3) **AFTER FERTILIZATION, HOW LONG DOES IT TAKE FOR THE FERTILIZED OVUM TO REACH THE UTERUS?**
 - a) 7days
 - b) 6-8 days
 - c) 3-4 days
 - d) 2-3 days
- 4) **FROM CONCEPTION TO 3 WEEKS, THE UNBORN BABY IS CALLED:**
 - a) An embryo
 - b) Fetus
 - c) An ovum
 - d) Trophoblast
- 5) **FERTILIZATION NORMALLY TAKES PLACE IN THE:**
 - a) Uterus
 - b) Ampulla of the fallopian tubes
 - c) Uterus
 - d) Cornua of the fallopian tubes
- 6) **PLACENTA COMES FROM THE:**
 - a) Blastocyst
 - b) Trophoblast
 - c) Inner cell mass
 - d) Yolk sac
- 7) **WHICH OF THE FOLLOWING IS A POSITIVE OR TRUE SIGN OF PREGNANCY?**
 - a) Hearing of the fetal heart
 - b) Early breast changes
 - c) Amenorrhea
 - d) Bladder irritability
- 8) **THE FETUS GETS ITS OXYGEN THROUGH WHICH OF THE FOLLOWING ORGAN:**
 - a) Lungs
 - b) Liver
 - c) Heart
 - d) Placenta
- 9) **THE UMBLICAL IS MADE OF:**
 - a) One artery and two veins
 - b) Two arteries and one vein
 - c) Three veins
 - d) Three arteries
- 10) **THE MEMBRANE CONSIST OF TWO LAYERS. THE INNER LAYER CLOSEST TO THE FETUS IS KNOWN AS:**
 - a) The amnion
 - b) The chorion
 - c) Membrane
 - d) Both the amnion and chorion
- 11) **WHICH OF THE FOLLOWING IS THE FUNCTION OF THE AMNIOTIC FLUID?**
 - a) Allows growth and free movement of the fetus
 - b) Protects the fetus from jarring and injury
 - c) Maintains a constant uterine temperature
 - d) All of the above
- 12) **ANTENATAL CARE REFERS TO:**
 - a) The care given to a pregnant woman from time that conception is confirmed until the beginning of labour
 - b) Care given to the pregnant when in labor
 - c) Care given to the woman after delivery
 - d) Care given to a woman for the 6 weeks after delivery
- 13) **THE NORMAL FETAL HEART RATE IS:**
 - a) 120 – 160 bpm
 - b) 160 – 180bpm
 - c) 80 -100 bpm
 - d) 90 bpm
- 14) **THERE ARE HOW MANY PELVIC BONES?**
 - a) 2
 - b) 4
 - c) 6
 - d) 5

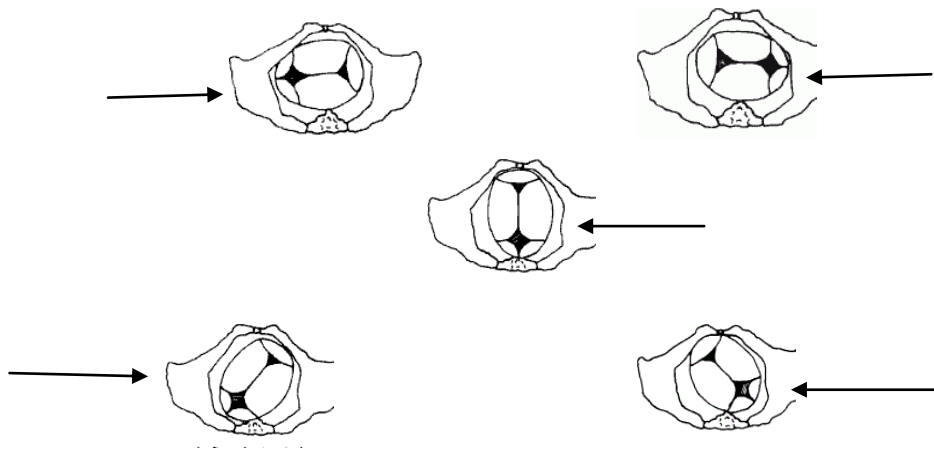
<p>15) PARTOGRAM IS AN USEFUL TOOL USED IN THE LABOUR WARD FOR THE SOLE PURPOSE OF:</p> <ol style="list-style-type: none"> a) Monitoring, documenting and managing the condition of both mother and fetus with the progress of labor. b) Assessing the growth and development of the fetus c) Monitoring the condition of the laboring mother only d) Only used to monitor the fetal condition during labor <p>16) THE CERVIX IS CONSIDERED FULLY DIALATED WHEN THE DIAMETER OF THE OS IS:</p> <ol style="list-style-type: none"> a) 8 cm b) 10 cm c) 12 cm d) 11 cm <p>17) THE FEMALE GYNAECOID PELVIS:</p> <ol style="list-style-type: none"> a. Is flat, heart –shaped and narrow with walls that converge b. Has a ring, oval brim so AP diameter is longer than transverse c. Has a rounded brim, straight side walls, pubic arch of 90 degrees d. Is heart-shaped with flat sacrum <p>18) THE MOST FAVOURABLE PELVIS FOR CHILD BIRTH IS KNOWN AS:</p> <ol style="list-style-type: none"> a) The android pelvis b) The gynaecoid pelvis c) The anthropoid pelvis d) The platypeloid pelvis <p>19) THE 2ND STAGE OF LABOUR ENDS WITH:</p> <ol style="list-style-type: none"> a) complete cervical dilatation b) Bulging of the perineum c) delivery of the baby d) Removal of the placenta <p>20) WHICH OF THE FOLLOWING CARDINAL MOVEMENTS FOLLOWS FLEXION IN THE MECHANISM OF NORMAL LABOUR?</p> <ol style="list-style-type: none"> a. Engagement b. Internal rotation of the head c. Rotation d. External rotation of the head 	<p>21) THERE ARE _____ PELVIC JOINTS;</p> <ol style="list-style-type: none"> a) 2 b) 3 c) 4 d) 5 <p>22) THE ADAPTATION OF THE FETAL HEAD DURING LABOR WITH TEMPORARY ALTERATION IN SHAPE OF THE SKULL TO REDUCE THE HEAD CIRCUMFERENCE IS CALLED:</p> <ol style="list-style-type: none"> a) Caput b) Moulding c) Decent d) Flexion <p>23) THE AREA BETWEEN THE ANTERIOR AND POSTERIOR FONTANELS AND THE PARIETAL EMINENCE IS CALLED:</p> <ol style="list-style-type: none"> a) Occiput b) Sinciput c) Vertex d) Mentum <p>24) THIS HORMONE IS FOUND IN THE URINE OF THE PREGNANT WOMAN WHEN A PREGNANCY TEST IS DONE.</p> <ol style="list-style-type: none"> a) Progesterone b) Oestrogen c) Human placental Lactogen hormone d) Human Chorionic Gonadotrophin Hormone <p>25) WHICH OF THE FOLLOWING CARDINAL MOVEMENTS OCCURS FIRST IN THE MECHANISM OF NORMAL LABOUR?</p> <ol style="list-style-type: none"> a. Internal rotation b. Flexion c. Descent d. Extension <p>26) THE FOLLOWING ARE TEMPORARY STRUCTURES OF THE FETAL CIRCULATION EXCEPT;</p> <ol style="list-style-type: none"> a) Foramen Ovale b) Ductus venosus c) Ductus Ateriosus d) Pulmonary arteries
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<p>27) A WEIGHT INCREASE IN PREGNANCY IS AN INDICATOR OF MATERNAL ADAPTATION AND FETAL GROWTH. IN THE 20TH WEEKS OF PREGNANCY, MATERNAL WEIGHT IS EXPECTED TO INCREASE BY:</p> <p>a) 2.0 kgs b) 3.0 kgs c) 4.0 kgs d) 5.0 kgs</p> <p>28) THE PROCESS OF REDUCTION DIVISION BY WHICH CHROMOSOMES ARE REDUCED TO THEIR HAPLOID NUMBER IS CALLED:</p> <p>a. Replication b. Synapses c. Mitosis d. Meiosis</p> <p>29) UTERUS PLAYS AN IMPORTANT ROLE IN PREGNANCY AND THAT IS TO:</p> <p>a) Accommodate the growing fetus only b) Protecting and supporting the fetus, placenta and amniotic fluid only c) Accommodate the growing fetus, protecting and supporting the fetus, placenta and amniotic fluid d) To increase the volume of vaginal secretions</p> <p>30) THE 2ND STAGE OF LABOUR ENDS WITH:</p> <p>a. Complete cervical dilatation B. Bulging of the perineum C. Delivery of the baby D. Removal of the placenta</p> <p>31) WHICH OF THE FOLLOWING BEST DEFINES CONCEPTION:</p> <p>a) Is the joining of the female and ovum and the male cell b) Is the conceptus of the fertilization c) Is the implantation of the ovum d) Capacitation of the male and female cell</p>	<p>32) THE TERM USED FOR THE WOMAN WHO IS PREGNANT FOR THE FIRST TIME IS CALLED:</p> <p>a) Puerperal b) Primigravida c) Praevia d) Prenatal</p> <p>33) IN VERTEX PRESENTATION THE NORMAL LIE OF THE FETUS IN THE UTERUS IS:</p> <p>a) Oblique lie b) Transverse lie c) Longitudinal lie d) Lateral lie</p> <p>34) WHICH OF THE FOLLOWING FACTORS NEED TO BE CONSIDERED DURING LABOR?</p> <p>a) Patient, Passenger And Passage b) People, Patient And Power c) Power, People And Psychological d) Power, Passage, Passenger And Psychological</p> <p>35) THE FIRST STAGE OF LABOR IS CONSIDERED TO HAVE TERMINATED WHEN:</p> <p>a) Regular-three minute contraction have been established b) The bag of waters has been ruptured and drained c) The cervix has been completely effaced and dilated d) The presenting part is visible during contractions</p> <p>36) WHEN TIMING THE DURATION OF A CONTRACTION, WE STARTED FROM:</p> <p>a) The beginning of one contraction to the end of the same contraction. b) The end of one contraction to the beginning of the next c) From the beginning of one contraction to the next d) The average length of all contractions. Timed in that minute</p> <p>37) THE NORMAL COLOR OF A NEWBORN BABY AT BIRTH SHOULD BE:</p> <p>a) Yellow b) Blue c) Pink d) Pale</p>
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<p>38) MECHANISM OF LABOR IS A NORMAL PROCESS, IT IS DEFINED AS:</p> <ul style="list-style-type: none"> a) The way the baby lies in the utero b) The uterine contraction c) The act of the uterine muscles in pushing the baby in the uterus d) It is the way the fetus passes through the birth canal <p>39) THE THIRD STAGE OF LABOR IS COMPLETED WHEN THE:</p> <ul style="list-style-type: none"> a) Umbilical cord has been clamped and cut b) Uterine fundus has contracted into a firm mass c) Uterus has been emptied of all blood and clots d) Placenta and membranes have been completely expelled from the vagina. <p>40) CONTROL CORD TRACTION IS DONE WHEN DELIVERING THE PLACENTA SO THAT:</p> <ul style="list-style-type: none"> a) Placenta pieces will not be retained inside the uterus b) Prevent heavy blood loss from the uterus c) Allow the uterus to involutes after delivery d) Membranes can be separated easily <p>41) WHEN DELIVERING THE PLACENTA THE FUNDUS MUST BE GUARDED TO PREVENT:</p> <ul style="list-style-type: none"> a) Placenta from descending b) Turning the uterus inside out c) Membranes from tearing d) Prevent heavy blood loss <p>42) SYNTOCINON OR OXYTOCIN SHOULD BE GIVEN:</p> <ul style="list-style-type: none"> a) When the anterior shoulder is seen b) Before vertex extends out the vagina c) After a second baby is checked for d) Shortly after the placenta has been delivered. <p>43) AFTER DELIVERY THE BEST WAY TO PREVENT BLEEDING FROM THE PLACENTAL SITE IS TO:</p> <ul style="list-style-type: none"> a) Suture up any tears and laceration of the vaginal b) Remove all retained products from the uterus c) Rub up the fundus so that it is firm and contracted d) Repair any cervical tear from delivery of the baby 	<p>44) WHICH OF THE FOLLOWING ARE THE SIGNS OF PLACENTAL SEPARATION:</p> <ul style="list-style-type: none"> a) Contracted uterus, fresh show of blood and lengthening of cord b) Contracted uterus and lengthening of cord c) Fresh show of blood and lengthening of cord d) Gush of fresh blood with contracted uterus only <p>45) WHAT IS THE AVERAGE HEAD CIRCUMFERENCE IN A NEWBORN BABY:</p> <ul style="list-style-type: none"> a) 29 cm b) 31 cm c) 33 – 35 cm d) 36 cm <p>46) MASTITIS REFERS TO:</p> <ul style="list-style-type: none"> a) The breast is full and painful b) Inflammation of the breast c) Incision and drain the breast d) Flat an inverted nipple <p>47) THE BREAST MILK THAT PRODUCED IN THE FIRST FEW DAYS AFTER DELIVERY IS KNOWN AS:</p> <ul style="list-style-type: none"> a) Fore milk b) Colostrums c) Hind milk d) Mature milk <p>48) Exclusive breast feeding means:</p> <ul style="list-style-type: none"> a) Giving nothing orally (including water) to the newborn other than breast milk b) Giving water orally including breast milk c) Breast feeding the baby as often as the child needs d) Giving extra fluids including breast milk <p>49) THE RELIABLE SIGNS THAT A BABY IS NOT GETTING ENOUGH BREAST MILK IS:</p> <ul style="list-style-type: none"> a) Poor weight gain and the baby passes concentrated urine and urine output is less than six times a day b) Good weight gain and the baby passes plenty of urine more than six times a day c) Baby is discomfort and very tired d) Good weight gain and the baby passes less concentrated urine.
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- 1) You are asked to label the following fetal position in relation to the maternal pelvis from the list provided at the bottom: **(4 Marks)**

Fetal position



- a) Left Occiput Transverse
 - b) Right Occiput Transverse
 - c) Occiput Anterior
 - d) Left Occiput Anterior
 - e) Right Occiput Anterior
- 2) Episiotomy is a cut into the perineum made with a sterile scissors. State the maternal indications for performing an episiotomy on a mother. **(4 Marks)**

3) Describe the two (2) main types of episiotomy or incision. (2 Marks)

I.

II.

4) State when should an episiotomy be done on a mother? (2 Marks)

5) Outline the immediate nursing care of patient with episiotomy in labor ward. (4 Marks)

6) Explain why active management of third stage is important? (3 Marks)

7) Give four (4) reasons why post delivery observations are important.

(4 Marks)

I.

II.

III.

IV.

8) State the reasons for placental examination.

(4 Marks)

9) Explain what new born assessment is and why this is important.

(2 Marks)

10) Describe the areas of Assessments when an APGAR SCORE is done on a newborn at birth. (5 Marks)

I.

II.

III.

IV.

V.

11) Explain the four (4) key points of good positioning in breastfeeding.

(4 Marks)

I.

II.

III.

IV.

12) State the four (4) key points to good attachment in breastfeeding.

(4 Marks)

I.

II.

III.

IV.

13) Lilly is a primigravida mother and is interested to know the importance of breast feeding. As a student nurse, explain any three (3) advantages of breast feeding to Lilly.

(3 Marks)

I.

II.

III.

14) List any three (3) primitive reflexes of the newborn baby.

(3 Marks)

I.

II.

III.

15) What are the two (2) hormones that involve in breastfeeding and state their functions? **(4 Marks)**

i.

ii.

16) State the differences of a full and engorge breast **(5 Marks)**

FULL BREASTS

ENGORGED BREAST

17) Outline the treatment of breast engorgement. **(4 Marks)**