



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
END OF JANUARY-APRIL SEMESTER 2023 EXAMINATIONS**

BSM 226: LABOR AND DELIVERY

DATE: 18TH APRIL 2023

DURATION: 2 HOURS

START: 9:00 AM

FINISH: 11:00 AM

INSTRUCTIONS

1. This exam is out of 70 marks.
2. This Examination comprises **THREE** Sections.
Section I: Multiple Choice Questions (20 marks)
Section II: Short Answer Questions (30 marks) and
Section III: Long Answer Questions (20 marks)
3. Answer **ALL** Questions.
4. Do Not write anything on the question paper -use the back of your booklet for rough work if need be.

SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS) -ATTEMPT ALL QUESTIONS

1. The silvery appearance on the abdomen of a pregnant woman observed during abdominal inspection indicates: -
 - A. Previous pregnancy
 - B. Multiparity
 - C. Nulliparity
 - D. Present pregnancy

2. Pinkish coloring of the abdomen of a pregnant woman observed during inspections points to: -
 - A. Multiparity
 - B. Multiple pregnancies
 - C. Single pregnancy
 - D. Present pregnancy

3. The cervix is usually fully effaced: -
 - A. At about 3 cm dilatation
 - B. At about 4 cm dilatation
 - C. At about 5 cm dilatation
 - D. At about 6 cm dilatation

4. The normal breathing rate in a newborn infant is: -
 - A. 30 - 60 beats per minute
 - B. 60 – 90 beats per minute
 - C. Greater than 30 minutes per minute
 - D. Less than 90 beats per minute

5. In a doubtful fetal presenting part during labor, an ultrasound scan is advised when: -
 - A. The descent is one-fifth palpable.
 - B. The descent is five-fifths palpable.
 - C. The descent is two-fifths palpable.
 - D. The descent is three-fifths palpable.

6. Immediate postpartum maternal monitoring involves observation of vital signs, blood loss, and uterine retraction: -
 - A. Every 30 to 60 minutes for the first two hours
 - B. Every 15 to 60 minutes for the first two hours
 - C. Every 15 to 45 minutes for the first two hours
 - D. Every 15 to 30 minutes for the first two hours

7. Continuous external fetal movement during labor can be monitored by use of: -
 - A. Cardiotocography
 - B. Pinard stethoscope
 - C. Hand-held Doppler ultrasound
 - D. Abdominal examination

8. Lateral palpation of the abdomen intended to locate the fetal back and its position is: -
- First manoeuvre
 - Second manoeuvre
 - Third manoeuvre
 - Fourth manoeuvre
9. The pelvic palpation intended to assess the pelvic adequacy of a pregnant woman is assessed during: -
- First, second, third, and fourth maneuvers
 - Second, third, and fourth maneuvers
 - Third and fourth maneuvers
 - Fourth maneuver
10. Dilatation of the cervix is routinely estimated four-hourly during the first stage approximately: -
- Dilating at 1 centimetre per hour from 4 centimetres of cervical dilatation in a primigravida
 - Dilating at 1.5 centimetre per hour from 4 centimetres of cervical dilatation in a primigravida
 - Dilating at 1 centimetre per hour from 4 centimetres of cervical dilatation in a multigravida
 - Dilating at 2 centimetre per hour from 4 centimetres of cervical dilatation in a multigravida
11. Intramuscular pethidine 100 mg administered for its analgesic effects in early labor: -
- Intramuscular pethidine 50 mgs can be repeated if cervical dilatation is ≤ 6 cm.
 - Intramuscular pethidine 50 mgs can be repeated if cervical dilatation is ≤ 5 cm.
 - Intramuscular pethidine 50 mgs can be repeated if cervical dilatation is ≤ 7 cm.
 - Intramuscular pethidine 50 mgs can be repeated if cervical dilatation is ≤ 8 cm.
 - Intramuscular pethidine 50 mgs can be repeated if cervical dilatation is ≤ 3 cm.
12. Administration of pethidine in labour is known to: -
- Depress maternal respiratory system.
 - Depress the fetal respiratory system.
 - Depress the fetal cardiopulmonary system.
 - Depress maternal cardiopulmonary system.
13. The two most common types of episiotomies are: -
- Midline and mediastinal episiotomies
 - Lateral line and mediolateral episiotomies
 - Posterior line and mediolateral episiotomies
 - Midline and mediolateral episiotomies
14. The size, the lie, and presenting part influence labour as the: -
- Passenger
 - Passage

- C. Power
- D. Contraction

15. A maternal respiration rate of $R > 100$ beats per minute observed during second-stage labor may indicate: -
- A. Hemorrhage, acidosis, or septicemia
 - B. Proteinuria, acidosis, or septicemia
 - C. Anxiety, pain, ketosis, or hemorrhage
 - D. Bacteriuria, acidosis, or septicemia
16. Maternal temperature is recorded every 4 hours in the second stage of labor where: -
- A. Pyrexia may indicate infection, ketosis, or epidural analgesia.
 - B. Pyrexia may indicate infection, acidosis, or epidural analgesia.
 - C. Pyrexia may indicate infection, hemorrhage, or epidural analgesia.
 - D. Pyrexia may indicate infection, anxiety, or epidural analgesia.
17. Loss of a “show” in a pregnant woman: -
- A. Does not define the onset of labor.
 - B. Define the onset of labor.
 - C. Define uterine contractions.
 - D. Define foetal descent.
18. Any labor process that takes more than 12 hours may be considered as: -
- A. Obstructed labor
 - B. Prolonged labor
 - C. Normal labor
 - D. Transverse fetal lie
19. Pregnancy maintenance to term is facilitated by: -
- A. Oestrogen
 - B. Cortisol
 - C. Progesterone
 - D. Oxytocin
20. The WHO partograph has two diagonal lines named: -
- A. An alert and action lines
 - B. Active and action lines
 - C. Active and latent lines
 - D. Latent and alert lines

SECTION B: SHORT ANSWER QUESTIONS (40 MARKS)-ATTEMPT ALL QUESTIONS

1. Define the following terms: -
 - a. Labor (1 mark)
 - b. The onset of labor (1 mark)
 - c. Puerperium (1 mark)
 - d. Intrapartum (1 mark)
 - e. False labor (1 mark)
 - f. True labor (1 mark)
2. State four (4) upright delivery positions (4 marks)
3. State four (4) ways in which a newborn infant losses heat (4 marks)
4. Describe the four (4) Leopold manoeuvres during abdominal palpation of mother in labor (8 marks)
5. State eight (8) indications of vaginal examination of a mother in labor (8 marks)

SECTION C: LONG ANSWER QUESTIONS (20 MARKS)-ATTEMPT ALL QUESTIONS

1. Mrs. M aged 28 years who is nulliparous with a history of 40 weeks gestational age, abdominal pains, and fetal movements is admitted to the labor ward with a cervical dilatation of 2 centimetres where you are on the clinical attachment under the guidance of the nurse Grace.
 - a. Describe the four (4) stages including phases and duration of labor Mrs. M will go through till childbirth (10 marks)
 - b. Describe the mechanisms of normal labor being experienced by Mrs. M (10 marks)