



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

COURSE CODE AND TITLE: BSM 126 NORMAL PREGNANCY

DATE: 8 -DECEMBER-2023

Duration: 2 HOURS

Start:9:00AM

Finish: 11:00AM

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.

SECTION A: MULTIPLE CHOICE QUESTIONS MCQs (20 MARKS)

1. The father of scientific medicine who organised, trained and supervised midwives was;
 - A. Dr. Smellie
 - B. Hippocrates
 - C. Aristotle
 - D. Leonardo Da Vinci

2. The man who made anatomical drawings of a pregnant uterus
 - A. Aristotle
 - B. Amroise Pare
 - C. Julius Caesar Aranzi
 - D. Chemberlen

3. The amniotic fluid
 - A. Protects the fetus from jarring and injury
 - B. Provides secretory fundtion
 - C. Provides large amounts of nutrients to the fetus
 - D. Provides absorbed nutrients to the mother

4. Important obstetric landmarks on the pelvis include
 - A. The sacrospinous ligament
 - B. The obturator foramen
 - C. The promontory of sacrum
 - D. The ischial spines

5. The last menstrual period of a pregnant woman is usually used to
 - A. Obtain baseline observations for the pregnant woman
 - B. Detect abnormalities of menstrual periods/menstrual cycle
 - C. To determine if the woman is sexually active
 - D. Estimate the gestational age of the foetus

6. The following is true about iron metabolism in pregnancy
 - A. Most of the iron is transported in the second trimester
 - B. Iron is mostly needed during the first trimester
 - C. Most of the iron is transported to the fetus in the third trimester
 - D. The fetus is in greatest need of iron during all the three trimesters

7. The following is true about the uterus by the 12th week of pregnancy.
 - A. It becomes an abdominal organ.
 - B. It is antverted
 - C. It is globular.
 - D. It is retroverted.

8. Heartburn during pregnancy occurs as a result of
 - A. Decreased gastric and intestinal rone
 - B. Increased gastric emptying
 - C. Decreased intragastric pressure
 - D. Increased food consumption

9. According to the WHO, the time period a pregnant woman should report to the health facility for the initial visit is
- By 8-14 weeks' gestation
 - By 12 weeks' gestation
 - By 14 weeks' gestation
 - By 16 weeks' gestation
10. The purpose of the comprehensive initial assessment of a pregnant woman is
- To provide comprehensive information on existing chronic conditions
 - To guide maternal condition during pregnancy
 - To provide baseline information about the condition of the fetus
 - To obtain baseline findings to inform monitoring of fetal and maternal condition
11. Folic acid is prescribed to prevent the following conditions
- Foetal neural tube defects
 - Iron deficiency anaemia
 - Foetal neural defects and enhance absorption of iron
 - Reduce incidence of physiological anaemia
12. Ultrasound scan for low risk pregnancies in low resource limited settings is recommended at
- 10 – 12 weeks
 - 12 – 14 weeks
 - Before 24 weeks
 - Before end of the first trimester
13. Match for following landmarks in column A with the correct description in column B
- | Column A | Column B |
|------------------|--|
| 1. Occiput | a. It is the root of the nose |
| 2. Mentum | b. Is the junction of the fetal neck and occiput |
| 3. Sub-Occiput | c. Is the occipital bone/external occipital protuberance |
| 4. Frontal point | d. Is the forehead region of the fetal head |
| | e. It is the chin |
| | f. It is the center of the saggital suture |
14. Dizygotic twins are as aa result of
- One ovum fertilized by two spermatozoa
 - Two ova fertilized by one spermatozoa
 - One ovun fertilized by one spermatozoa
 - Two ova fertilized by two different spermatozoa
15. In embryonic development the mesoderm gives rise to
- Skin, bones, muscles
 - Blood vessels connective tissue, reproductive organs
 - Liver, pancreas, bladder
 - Endocrine glands, nervous system, anus
16. The following are common discomforts in the 1st trimester of pregnancy
- Breast enlargement & tenderness
 - Heart burn
 - Constipation

- D. Hemorrhoids
17. The WHO recommends a minimum ____ number of antenatal care visits
- A. 4
 - B. 6
 - C. 8
 - D. 10
18. The recommended weight gain for an overweight woman for the duration of pregnancy is
- A. 11 – 16 kg
 - B. 12 – 18 kg
 - C. 20 – 24 kg
 - D. 7 – 12 kg
19. The following are findings on pelvic assessment. Divergent side walls, deeply concave long sacrum, blunt ischial spines. The findings are indicative of a _____ pelvis
- A. Gynaecoid
 - B. Android
 - C. Anthropoid
 - D. Platypelloid
20. The following pelvic conjugate determines the adequacy of the pelvic inlet
- A. Anatomical
 - B. Obstetric
 - C. Diagonal
 - D. Transverse

SECTION B: SHORT ANSWER QUESTIONS (SAQS) (30 MARKS)

1. Explain how you will advise a pregnant to make the following discomforts during pregnancy.
- a) Leg cramps (2 marks)
 - b) Nausea and vomiting (2 marks)
 - c) Fatigue (2 marks)
2. Explain the importance of performing the following at the antenatal clinic
- I. Socio economic history (3 marks)
 - II. Weight (3 marks)
3. Explain three (3) adaptations of the fetal skull, that allow for delivery of a fetus of normal size without any complication (6 marks)
4. Explain 3 tests performed during antenatal care visits (6 marks)
5. Describe 3 functions of the placenta (6 marks)

SECTION C: LONG ANSWER QUESTIONS (LAQs) (20 MARKS)

1. Prevention of mother to child transmission of HIV is an important program in maternal and child health services
 - a) Explain the four pillars of prevention of mother to child transmission of HIV (8 marks)
 - b) Describe the intrapartum management of a mother to reduce transmission of HIV to her infant (12 marks)

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