



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES  
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES**

**BACHELOR OF SCIENCE IN MIDWIFERY**

**END OF SEMESTER DECEMBER 2023 EXAMINATIONS**

**COURSE CODE AND TITLE: BSM 322 PUERPERIUM**

**DATE: 6-DECEMBER 2023**

**Duration: 2 HOURS**

**Start:2:00PM**

**Finish: 4:00PM**

**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 I: MULTIPLE CHOICE QUESTIONS (MCQS)**

**20 MARKS**

1. The most likely diagnosis for a primipara presenting with tearfulness, unexplained sadness and lack of appetite and sleep one week post-delivery is: -
  - A. Puerperal sepsis
  - B. Postnatal depression
  - C. Schizophrenia.
  - D. Maniac disorders.
2. An interventions for a mother who develops breast engorgement during puerperium include: -
  - A. Administration of antibiotics
  - B. Increase fluid intake
  - C. Prepare for incision and drainage
  - D. Encourage manual expression of breast milk
3. A tear involving the anal sphincter muscles is a: -
  - A. First degree tear
  - B. Second degree tear
  - C. Third degree tear
  - D. Fourth degree tear
4. The recommended number of post-natal contacts are: -
  - A. 2
  - B. 3
  - C. 4
  - D. 6
5. The last dose of magnesium sulphate should be administered: -
  - A. 12 hours after birth or last convulsions, whatever comes last
  - B. 24 hours after birth or last convulsion, whatever comes last
  - C. 48 hours after birth or last convulsion, whatever comes last
  - D. 72 hours after birth or last convulsion, whatever comes last.
6. In Kenya, maternal audit should be done within: -
  - A. 2 days after death
  - B. 3 days after death
  - C. 4 days after death
  - D. 7 days after death
7. It is recommended that a maternal death should be notified within: -
  - A. 24 hours after death
  - B. 48 hours after death
  - C. 60 hours after death
  - D. 72 hours after death

8. It is recommended a post-natal mother should resume sexual intercourse after: -
- A. She feels physically and psychologically ready
  - B. After 4-6 weeks after birth
  - C. When physically ready and culturally acceptable.
  - D. When physically and spiritually ready
9. A hormone responsible for human breast milk production is known as: -
- A. Progesterone
  - B. Oestrogen
  - C. Oxytocin
  - D. Prolactin
10. Immediately following birth, the fundal height should be felt: -
- A. Slightly above the umbilicus
  - B. At the umbilicus
  - C. Four fingers below the umbilicus
  - D. At the suprapubic region
11. The commonest cause of maternal deaths in Kenya is: -
- A. Antepartum Haemorrhage
  - B. Severe eclampsia/Eclampsia
  - C. Postpartum Haemorrhage
  - D. Puerperal sepsis
12. Foul smelling vaginal discharge four days after birth is possibly due to: -
- A. Poor hygiene
  - B. Lochia loss
  - C. Endometritis
  - D. Episiotomy infection
13. County X in Kenya reported 84 maternal deaths and 130,000 live births in 2008. Calculate the maternal mortality rate of this county for the year 2008: -
- A. 64 per 100,000 live births
  - B. 64 per 10,000 live births
  - C. 64 per 1000 live births
  - D. 64 per 100 live births
14. Puerperium starts: -
- A. Immediately after delivery of the infant
  - B. Immediately after delivery of the placenta
  - C. One hour after delivery of the infant
  - D. 24 hours after delivery of the placenta

15. A normally involuting uterus will be: -
- A. Soft and tender
  - B. Soft and not tender
  - C. Firm and tender
  - D. Firm and not tender
16. A previously energetic woman complains of crying, loss of appetite, difficulty in sleeping, and feeling of low self-worth, beginning approximately 3 days after a normal vaginal delivery. These feelings persisted for approximately 1 week and then progressively diminished. The term that best describe the above postpartum symptoms is: -
- A. Blues
  - B. Manic depression
  - C. Neurosis
  - D. Psychosis
17. An 18-year-old patient finally delivered a 4,000-g infant vaginally. Her prenatal course was complicated by anaemia, poor weight gain, and maternal obesity. She had a prolonged second stage necessitating mid-forceps delivery and an episiotomy. The client sustained a vaginal tear. The following is the greatest predisposing cause of puerperal infection in this patient: -
- A. Iron deficiency
  - B. Maternal exhaustion
  - C. Poor nutrition
  - D. Tissue trauma
18. The single most effective intervention for preventing maternal deaths is: -
- A. High level of infection prevention and control practices
  - B. Early identification and management of obstetrical emergencies
  - C. Educating women to recognize danger signs in antenatal and postnatal periods
  - D. Skilled attendance during delivery
19. The highest proportion of maternal deaths in the postnatal period occur on day: -
- A. One
  - B. Two
  - C. Three to seven
  - D. Two to three weeks
20. Diuresis in a postpartum client starts: -
- A. around day two and lasts for 3-4 days
  - B. immediately after birth and last for 1-3 days
  - C. one hour after birth and last for 5 days
  - D. 24 hours after birth and lasts for one week

**SECTION II: SHORT ANSWER QUESTIONS****30 MARKS**

1. State five (5) predischarge health messages you will share with a postpartum client following a normal vaginal delivery. (5 Marks)
2. Describe lochia changes after birth (6 Marks)
3. Outline the four(4) approaches used in Kenya for maternal and perinatal mortality surveillance and response (MPDSR) (4 Marks)
4. Describe the management of breast engorgement in a first-time mother (5 Marks)
5. State five (5) causes of cervical tears (5 Marks)
6. Outline five (5) types of obstetric shock (5 Marks)

**SECTION III: LONG ANSWER QUESTIONS****20 MARKS**

Q1. Mrs. K develops postpartum hemorrhage in fourth stage of labour: -

- a) Explain the possible causes of primary postpartum hemorrhage (8 Marks)
- b) Describe emergency management of Mrs. K (12 Marks)