



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
END OF SEMESTER DECEMBER 2024 EXAMINATIONS**

COURSE CODE AND TITLE: BSM 125- Fundamentals of Midwifery II

DATE:

TIME: 2 HOURS

START: 9:00AM

END: 11:00AM

Instructions

- 1) This exam is out of 70
- 2) This paper has three sections: Section I: Multiple choice Questions (MCQ) (20 marks), Section II: Short answer questions (SAQ) (30 marks) and Section III: Long answer question (LAQ) (20marks)
- 3) Answer **ALL** questions in Section I and Section II and III
- 4) Answer all the questions in the examination booklets provided
- 5) Any rough work to be done at the back of the answer booklet

SECTION I: MULTIPLE CHOICE QUESTIONS**(20 MARKS)**

1. The rules to be followed by nurse while carrying nursing activities is:-
 - A. Flex the knees and hip joints but keep the trunk as vertical as possible
 - B. Heavy patients should be moved in bed by lifting rather than sliding .
 - C. Assistance should be not be requested when lifting or moving heavy patients to prevent fall or injury to patient.
 - D. A narrower base provides a better body balance.
2. Importance of body mechanics includes:-
 - A. Increases the expenditure of the body
 - B. Helps to maintain the imbalance of the body without undue strain on the body parts.
 - C. Prevents fatigue and deformities
 - D. To prevent strain and injury to the nurse only.
3. Patient lies on back, knees fully flexed, thighs flexed and externally rotated feet flat on the bed in :-
 - A. Lithotomy position
 - B. Dorsal recumbent
 - C. Sims position
 - D. Knee chest position
4. The following precautions is not a standard precaution for IPC :-
 - A. Hand hygiene
 - B. Safe Injection practices
 - C. Use of Personal protective equipment (PPE)
 - D. Social distancing
5. The guideline in wound dressing:-
 - A. If wound is clean, has little exudate, and reveals healthy tissue, clean repeatedly
 - B. Do not use gauze squares but use cotton balls
 - C. Consider cleaning superficial non-infected wounds by irrigating them rather than by mechanical means.
 - D. Do not Use Isotonic saline or lactated ringers solution to clean or irrigate the wound
6. After wound dressing ,a nurse should document the following:-
 - A. The characteristics of the wound
 - B. Type and amount of dressing and dressing solution used.
 - C. Tolerance of client to procedure any abnormality detected during the procedure and action taken
 - D. Patient is stable and resting
7. Indicate true or false:
 - A. Drug is a substance used in the diagnosis, treatment, cure, relief, or prevention of health alteration
 - B. Medication is Any substance that alters physiologic function, with the potential of affecting health.
8. The following is true about subcutaneous administration of Heparin/insulin:-
 - A. Pierce skin with quick motion at 15 degree angle.
 - B. Do not aspirate.
 - C. Inject medication quickly
 - D. slowly remove the needle
9. The primary purpose of handwashing in healthcare is; -
 - A. To maintain personal hygiene
 - B. To prevent the spread of infection
 - C. To reduce odors

- D. To comply with regulations
10. The recommended duration for effective handwashing is:
- A. 5 seconds
 - B. 10 seconds
 - C. 20 seconds
 - D. 30 seconds
11. The following actions is critical when caring for a patient with a pressure ulcer?
- A. Frequent repositioning
 - B. Using hot water for bathing
 - C. Massaging over the ulcer
 - D. Applying heat packs
12. The proper technique for bed-making includes:
- A. Shaking linens to remove dust
 - B. Fitting linens tightly under the mattress
 - C. Using only one layer of linens
 - D. Leaving wrinkles in the sheets
13. Basic risk assessment in a healthcare setting involves:
- A. Identifying potential hazards
 - B. Ignoring safety protocols
 - C. Focusing solely on patient care
 - D. Relying on personal judgment
14. The first step in the admission process: -
- A. Patient education
 - B. Completing necessary paperwork
 - C. Discharge planning
 - D. Medical history review
15. Discharge planning should begin:
- A. After surgery
 - B. At the time of admission
 - C. When complications arise
 - D. At the patient's request
16. In the pre-operative phase, which of the following is essential?
- A. Providing nutrition
 - B. Immediate surgery
 - C. Informed consent
 - D. No patient education
17. During intra-operative care, the role of the scrub nurse includes:
- A. Administering anesthesia
 - B. Maintaining sterile fields
 - C. Documenting vital signs
 - D. Performing surgery
18. Parenteral feeding is used when:
- A. Oral intake is possible
 - B. The gastrointestinal tract is not functional
 - C. The patient prefers solid food
 - D. There is minimal need for nutrition
19. The first step in drug administration: -
- A. Preparing the medication
 - B. Checking the patient's identity
 - C. Documenting the administration

- D. Administering the drug
- 20. If a needle stick injury occurs: -
 - A. Start PEP immediately
 - B. Squeeze then Clean it with soap and water
 - C. Test for HIV before getting PEP
 - D. None of the above

SECTION II:SHORT ANSWER QUESTIONS

(30 MARKS)

- 1. Outline six (6) guidelines in wound healing (6 Marks)
- 2. Outline six (6) ways of maintaining clients' comfort (6 Marks)
- 3. State six (6) importance of body mechanics (6 Marks)
- 4. state six (6) activities of daily living (6 Marks)
- 5. Explain three (3) principles in bed making (6 Marks)

SECTION III:LONG ANSWER QUESTIONS

20 MARKS

1. Infection prevention and control, and water sanitation and hygiene are critical components that should be included in day-to-day activities or in health care procedures;

- a) Outline four (4) Components of Standard Precautions (8 marks)
- b) Explain three (3) transmission based precautions (6 marks)
- c) Describe three (3) components of chain of infection (6 marks)