



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES
BACHELOR OF SCIENCE IN NURSING (BSN)
SEPTEMBER-DECEMBER 2024 TRIMESTER MAIN EXAMINATION**

COURSE CODE AND TITLE: BSM 126- Normal Pregnancy

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 chief hormone of the secretory phase of the menstrual cycle is:-
 - A. Luteinizing hormone
 - B. Oestrogen
 - C. Follicle stimulating hormone
 - D. Progesterone
2. The layer of the uterus that regenerates is:-
 - A. Endometrium
 - B. Myometrium
 - C. Perimetrium
 - D. Peritoneum
3. Each innominate bone is composed of:-
 - A. The sacrum, the ilium, the coccyx,
 - B. The ilium, the ischium, the pubic bone
 - C. The pubic bone, the coccyx, the ilium
 - D. The coccyx, the ischium, the sacrum
4. The superficial layer of muscles of the pelvic floor include:-
 - A. Transverse perineal, pubococcygeous, ischial cavernosus
 - B. Bubocavernosus, ischial carvenosus, transverse perineal
 - C. Pubococcygeous, iliococcygeous, ischial carvenosus
 - D. Bulbocarvenosus, ischio carvenosus, iliococcygeus

For questions 5 and 6, match the statements in column B with correct pelvic diameter in column A

COLUMN A

5. a) Obstetrical conjugate _____
b) Diagonal conjugate _____
6. a) Transverse diameter -----
b) Oblique diameter -----

COLUMN B

1. Runs from the sacral promontory to the posterior upper border of symphysis pubis
 2. Runs from sacroiliac joint to opposite iliopectineal eminence
 3. Runs from coccyx to lower border of symphysis pubis
 4. Runs from sacral promontory to inferior lower border of symphysis pubis.
 5. Runs across furthest point on the iliopectineal lines
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7. Characteristics of fertile cervical mucus are: -
 - A. Opaque, clumpy, slippery
 - B. Sticky, slippery, opaque

- C. Transparent, sticky, stretchy
 - D. Stretchy, transparent, slippery
8. The supportive cells in the testes which play a role in sperm transport are known as;
- A. Leydig cells
 - B. Sertoli cells
 - C. Mucoïd cells
 - D. Ciliated cells
9. The following is the normal sequence of the menstrual cycle:-
- A. Menstrual, proliferative, secretory
 - B. Secretory, menstrual, proliferative
 - C. Proliferative, secretory, menstrual
 - D. Menstrual, secretory, proliferative
10. The following are some important landmarks of the pelvic brim:-
- A. Sacral promontory, sacroiliac joint, iliopectineal eminence, symphysis pubis
 - B. Sacrum, coccyx, iliopectineal eminence symphysis pubis
 - C. Sacroiliac joints, pubic bone, ischial tuberosities coccyx
 - D. Sacral curve, ischial spines, pubic arch, and ischial tuberosities
11. The responsibility of a midwife is:
- A. Responsibility to community
 - B. Responsibility to authorities
 - C. Responsibility to Research
 - D. Responsibility to audit
12. A foundation in safe motherhood initiative is:-
- A. HIV elimination
 - B. Family planning
 - C. Male involvement
 - D. Essential obstetric care
13. Mrs. July comes to the prenatal clinic at 20 weeks gestation. On history taking, she reveals that she has had four (4) abortions, two (2) still birth and three (3) living children, she is a:-
- A. Para 5 + 4 gravida 10
 - B. Para 5 + 3 gravida 10
 - C. Para 7 + 4 gravida 9
 - D. Para 5 + 4 gravida 9
14. The penis is part of both the urinary system and the reproductive system in men. Which of the following is also part of the urinary system in men?

- A. Prostate
 - B. Testes
 - C. Urethra
 - D. Scrotum
15. The luteal phase of the ovarian cycle:-
- A. Occurs before ovulation
 - B. Involves shedding of the endometrium
 - C. Is the most constant part of ovarian cycle
 - D. Takes a range of 14-18 days
16. An effect of the hormone progesterone in the female body is:-
- A. Thickening of cervical mucus
 - B. Enlargement of breasts
 - C. Cause ovulation
 - D. Water retention
17. The anterior relations of the uterus include:-
- A. Uterovesical pouch, intestines
 - B. Vagina, symphysis pubis
 - C. Recto-uterine pouch, rectum
 - D. Urinary bladder, uterovesical pouch
18. The part of the fallopian tube where fertilization occurs is called:-
- A. Fimbriae
 - B. Ampulla
 - C. Cervix
 - D. Cornua
19. Some of the indicators of an adequate pelvis during pelvic assessment are:-
- A. Blunt ischial spines, sub-pubic angle less than 90 degrees
 - B. Sub-pubic angle less than 90 degrees, sharp ischial spines
 - C. Sub-pubic angle more than 90 degrees, reachable sacro-promontory
 - D. Sub-pubic angle equal to 90 degrees, blunt ischial spines
20. Three main bones of the pelvic girdle are:-
- A. Ischium, pubis, ilium
 - B. Sacrum, coccyx, innominate
 - C. Ilium, sacrum, obturator foramen
 - D. Hipbone, pubis, ischium

SECTION II : SHORT ANSWER QUESTIONS

30 MARKS

1. Explain Four (4) types of pelvis (8 marks)
2. State Five (5) pillars of safe motherhood (5 marks)

3. Explain Three (3) tools used to diagnose pregnancy (6 marks)
4. Outline Five (5) objectives of focused antenatal care (FANC) (5 marks)
5. State Four (4) consequences of malnutrition during pregnancy (4 marks)
6. Outline Four (4) ducts of the male reproductive system (4 marks)

SECTION III: LONG ANSWER QUESTION

20 MARKS

1. The new Ministry of Health Maternal and Child Health Booklet is a key health record of maternal and child welfare prenatally, intranatally through the postnatal period.
 - a) Define the Maternal Child Health (MCH) Handbook other than the description given above. (3 marks)
 - b) State three (3) purposes of the maternal and child health booklet (3 marks)
 - c) Describe the contents of the Maternal and Child Health Booklet in detail and how you would improve on it given the opportunity to do so. (14marks)