



**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 312- Normal New-born

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 (MCOs)

(20 MARKS):

1. To adapt to extra-uterine life, the foramen at the septum between the two atria closes up post-delivery leading to no more mixing of oxygenated and de oxygenated blood. Name given to this foramen post closure is: -
 - A. Obliterated arteries
 - B. Dactus venosum
 - C. Fossa Ovalis
 - D. Dactus venosum
2. Since very high or very low body temperature are harmful to the newborn, it is recommended that the body temperature should be maintained within: -
 - A. 35.2 °C-36.2 °C
 - B. 35.5 °C-36.5 °C
 - C. 36.2 °C-37.2 °C
 - D. 36.5 °C-37.5 °C
3. In preparations for a normal newborn delivery, delivery room should be pre-warmed to a range of: -
 - A. 25 -28°C
 - B. 26-28°C
 - C. 27-28°C
 - D. 28-30°C
4. Delayed cord clamping is a practice in active management of third stage of labor aimed at reduction of neonatal anemia. For how long should we wait before clamping and cutting the cord in a normal newborn: -
 - A. 3-4 minutes
 - B. 2-3 minutes
 - C. 1-2 minutes
 - D. 1-3 minutes
5. In a normal neonate, the cord is clamped and cut with a specified length since no resuscitation is required. The recommended distance from the newborns abdomen is: -
 - A. Distance of 4cm and 5cm
 - B. Distance of 2cm and 5cm
 - C. Distance of 3cm and 5cm
 - D. Distance 1cm and 3cm
6. A normal newborns cord should have chlorhexidine gel applied as part of immediate newborn care. The percentage concentration of chlorhexidine is: -
 - A. Chlorhexidine digluconate 7.1% gel delivering 4% Chlorhexidine
 - B. Chlorhexidine digluconate 6.1% gel delivering 5% Chlorhexidine
 - C. Chlorhexidine digluconate 5.1% gel delivering 6% Chlorhexidine
 - D. Chlorhexidine digluconate 4.1% gel delivering 7% Chlorhexidine
7. Regarding normal newborns born at home, within how many days should we administer Vitamin K: -

- A. 10 days
 - B. 14 days
 - C. 7 days
 - D. 21 days
8. A normal newborn should have routine Vitamin K administered, which dosage is recommended for a normal neonate: -
- A. 1 mg
 - B. 0.5 mg
 - C. 1.5 mg
 - D. 2 mg
9. The immediate activity after delivery of a normal newborn to a normal mother is: -
- A. Place the newborn next to the mother on the delivery bed
 - B. Place the newborn in a warm court pre-warmed at 25-28 °C
 - C. Place the newborn on the mother's chest for skin to skin contact, covered with a warm dry towel
 - D. Place the newborn on a warm room to wait for the mother for breastfeeding initiation
10. Following delivery of a normal new-born, it is recommended that the mother should remain with the new-born, The statement that best explains the term "rooming-in" is;-
- A. Dress the baby or wrap in soft dry clean cloth or blanket. Cover the head with a cap
 - B. Keep the baby within easy reach of the mother
 - C. Monitor warmth every 4 hours by touching the baby's feet
 - D. Keep the room warm
11. All new-borns are required to be breastfed by their mother exclusively. For how long should exclusive breastfeeding take place;-
- A. 4 months
 - B. 6 months
 - C. 8 months
 - D. 10 months
12. During first examination of a normal new born, the midwife is supposed to take note of normal respiratory rate to be within -:
- A. 30-50 breaths per min
 - B. 20-40 breaths per min
 - C. 40-60 breaths per min
 - D. 30-60 breaths per min
13. Knowledge of deviation from normal is key while performing first examination of the new-born. The finding indicative of central cyanosis is;-
- A. Blue lips and extremities
 - B. Blue tongue and palms
 - C. Blue tongue and lips

- D. Blue extremities and chest
14. Following delivery of a normal neonate which requires no resuscitation, how long should we wait to clamp and cut the cord ?
- A. 2-3 minutes
 - B. 3-4 minutes
 - C. 1-3 minutes
 - D. 2-4 minutes
15. During first examination of the new-born, the midwife should note the normal heart rate range to be :-
- A. 120 - 160 beats per minute
 - B. 100 - 160 beats per minute
 - C. 140 - 160 beats per minute
 - D. 130 - 160 beats per minute
16. For comfortable prevention of hypothermia in normal new-borns, the midwife should ensure that the new-borns body temperature remains within:-
- A. 34.5 °C - 35.5 °C
 - B. 35.5 °C - 36.5 °C
 - C. 36.5 °C - 37.5 °C
 - D. 37.5 °C - 38.5 °C
17. The midwife should take note of a normal new-born umbilical colour to be :-
- A. Bluish-white in colour
 - B. Creamy-white in colour
 - C. Blackish-white in colour
 - D. Greenish-white in colour
18. It is recommended that a normal new-born should be immunized with which vaccines at birth or before discharge if delivered at the facility:-
- A. Give BCG 0.02ml and oral polio 2 drops at birth
 - B. Give BCG 0.05ml and oral polio 1 drop at birth
 - C. Give BCG 0.5ml and oral polio 2 drops at birth
 - D. Give BCG 0.01ml and oral polio 3 drops at birth
19. In a normal new-born, the anterior fontanelle is expected to be which shape on palpation?
- A. Diamond shaped
 - B. Triangular shaped
 - C. Circular in shape
 - D. Alpha in shape
20. The reflexes that a midwife should check for in a mouth of a normal new-born is:-

- A. Sucking and stepping
- B. Moro and rooting
- C. Planter and moro
- D. Rooting and sucking

SECTION II: SHORT ANSWER QUESTIONS

(30 MARKS)

1. State five (5) characteristics of a normal neonate (5 Marks)
2. State five (5) temporal structures in the fetal circulation that make its circulation different from extra uterine circulation (5 Marks)
3. Describe pulmonary adaptation to extra uterine life in a normal new-born (5 Marks)
4. State four (4) ways in which normal new-borns lose heat (4 Marks)
5. State four (4) signs of good attachment to the breast in a normal new-born (4 Marks)
6. State four (4) benefits associated with delayed cord clamping (4 Marks)
7. State three (3) reflexes assessed in normal new-born (3 Marks)

SECTION III: LONG ANSWER QUESTION

(20 MARKS)

1. Mrs P Para 3+0 is brought to a County Referral Hospital accompanied by her husband where you are working as the labour ward in charge complaining of lower abdominal pain radiating to the back. On examination you diagnose second stage of labor and she delivers a normal new-born weighing 3500g with a 10/10 score in the first minute, 10/10 in five minutes and 10/10 in ten minutes.
 - a) Define Exclusive breastfeeding (1 Mark)
 - b) State five (5) benefits of breastfeeding (5 Marks)
 - c) Describe systematically how you would carry out first examination of the new-born as per the Kenyan guidelines (14 Marks)

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