



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
BACHELOR OF SCIENCE IN MIDWIFERY
END OF TRIMESTER EXAMINATIONS JULY/AUG 2022**

UNIT CODE: BSM 322 UNIT NAME: PUERPERIUM

DATE: 3rd August, 2022

TIME: 2 Hours

Start: 9:00 AM

Finish: 11:00 AM

INSTRUCTIONS

1. This exam is marked out of 70 marks.
2. This exam has three sections: Section A, section B and section C.
3. All questions are compulsory.
4. Answer all questions in the booklet provided.

SECTION A: MULTIPLE CHOICE QUESTIONS (10 MARKS)

The causes of secondary post-partum haemorrhage include:

- a. Retained products of conception, infection
- b. Retained blood clots, anaemia
- c. Trauma, prolonged labour
- d. Uterine fibroids, endometritis

2. A midwife prevents sub-involution of the uterus after delivery by:

- a. Encouraging early ambulation, emptying the uterus of products of conception, encouraging bladder emptying
- b. Administering analgesia, breastfeeding the baby on demand, regular bladder emptying
- c. Measuring fundal height daily, encouraging early ambulation, use of oxytocin drugs
- d. Emptying the uterus of products of conception, maintaining personal hygiene, taking post natal observations

3. You are assessing a woman who delivered 30 minutes ago. A normal finding on abdominal examination includes;

- a. Fundus is palpable above the umbilicus
- b. Uterus feels firm, smooth and round
- c. Uterus cannot be palpated
- d. Uterus feels boggy

4. The main factor that brings about involution of the uterus is:-

- a. Autolysis
- b. Postpartum exercises
- c. Lochia loss
- d. Effect of prolactin

5. In third degree uterine inversion: -

- a. The fundus reaches the internal os
- b. The body of the uterus is inverted to the internal os
- c. The uterus, cervix and vagina are inverted and are visible
- d. The fundus is dimpled

6. The recommended timing for the visits in targeted postnatal care is:-

- a. Within 24 hours, 1-2 weeks, 4-6 weeks, 6-12 months
- b. Within 48 hours, 1-2 weeks, 4-6 weeks, 4-6 months
- c. 1-2 weeks, 4-6 weeks, 4-6 months, 8-12 months
- d. After 7 days, 6 weeks, 6 months, 12 months

7. Abnormal features in the immediate puerperium include;

- a. Tachycardia, hypotension, atony
- b. After pains, diuresis, shivering
- c. Tachycardia, anorexia, no colostrum
- d. Hypotension, diuresis, marked thirsty

8. Puerperal sepsis is defined as;

- a. Infection of the genital tract after spontaneous delivery
- b. Raised temperature and pulse after delivery of the infant
- c. Pelvic infection due to ascending infection from perineum
- d. Maternal Infection between 24 hours following delivery up to 6 weeks

9. Breastfeeding promotes uterine involution because it;

- a. Stimulates production of progesterone to cause contraction of the uterus
- b. Stimulate secretion of prostaglandin to stimulate uterine contraction
- c. Causes the pituitary to secrete oxytocin to contract the uterus
- d. Promotes secretion of prolactin to increase uterine contractions

10. Prevention of mastitis during puerperium includes ;

- a. Proper attachment of baby to breast
- b. Application of warm compress on the breast
- c. Application of cold compress on the breast
- d. Wearing firm fitting and supportive brassiere

SECTION B: SHORT ANSWER QUESTIONS (40 MARKS)

1. State five causes of uterine involution (5 marks)
2. Outline four (4) interventions for a post-caesarean client in the first 24 hours (4 marks)
3. State two (2) processes that facilitate uterine involution (2 marks)
4. State four (4) aims of targeted postnatal care (4 marks)
5. Outline five (5) ways of preventing mother to child transmission of HIV during the postnatal period (5marks)
6. State five roles of the midwife in the reduction of puerperal sepsis (5 marks)
7. Explain three approaches to conducting Maternal and Perinatal Death Surveillance & Response (6 marks)
8. Outline three maternal (3) danger signs during the postpartum period (3 marks)
9. State two (2) physiological changes that occur to each of the following organs postnatally (6 marks)
 - a. Breasts
 - b. Uterus
 - c. Skin

SECTION C: LONG ANSWER QUESTIONS (20 MARKS)

1. Ms. 30years para 3+0, admitted in your facility develops severe postpartum hemorrhage.
 - a. Classify postpartum hemorrhage (2 marks)
 - b. Explain the four major causes of postpartum hemorrhage (8 marks)
 - c. Describe the specific management of Ms. X till the condition is controlled (10 marks)