



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
END OF SEMESTER SEP-DEC 2025 EXAMINATIONS**

COURSE CODE AND TITLE: BSN 126: Midwifery and Obstetrics Nursing I

DATE: 8TH DEC 2025

Duration: Start: 9:00 AM Finish: 11:00 AM

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.

MULTIPLE CHOICE QUESTIONS

(20 MARKS)

1. A pregnancy interval of _____ is ideal to reduce the risk of low birth weight and preterm birth
 - A. 6- 11 months
 - B. >48 months
 - C. 18-24 months
 - D. <6 months

2. Production of surfactant in the lungs begins around _____ weeks
 - A. 20
 - B. 28
 - C. 36
 - D. 12

3. _____ releases the ovum during ovulation
 - A. Corpus luteum
 - B. Secondary follicle
 - C. Graafian follicle
 - D. Primary follicle

4. The perineum is the area between the:
 - A. Vagina and clitoris
 - B. Labia majora and labia minora
 - C. Introitus and anus
 - D. Urethra and clitoris

5. Sperm cells are stored and mature in the:
 - A. Epididymis
 - B. Prostate gland
 - C. Vas deferens
 - D. Seminal vesicle

6. Mucus-like fluid for lubrication is produced by:
 - A. Cowper's glands
 - B. Seminal vesicles
 - C. Epididymis
 - D. Prostate gland

7. The blood bypasses the fetal lungs due to
 - A. Immature fetal lungs
 - B. Blockage of blood flow to the lungs by the ductus arteriosus
 - C. High pulmonary vascular resistance
 - D. Absence of pulmonary artery in the fetus

8. Immediately following birth:
- A. Systemic vascular resistance decreases
 - B. Left arterial pressure decreases
 - C. Pulmonary vascular resistance increases
 - D. Ductus arteriosus constricts
9. The biparietal diameter (BPD) of the fetal skull measures approximately:
- A. 9.5 cm
 - B. 10 cm
 - C. 8 cm
 - D. 12 cm
10. In a well flexed vertex presentation, the presenting diameter is:
- A. Suboccipitobregmatic
 - B. Submentobregmatic
 - C. Mentovertical
 - D. Occipitofrontal
11. One of the following muscles forms the posterior part of the pelvic diaphragm
- A. Obturator internus
 - B. Coccygeus
 - C. Piriformis
 - D. Puborectalis
12. Fundal height corresponds with the gestation age in weeks at:
- A. 20- 36 weeks
 - B. 12- 24 weeks
 - C. 8- 20 weeks
 - D. 24- 40 weeks
13. During physical assessment of an expectant woman, varicose veins may be seen on:
- A. Abdomen
 - B. Vulva
 - C. Upper limbs
 - D. Neck
14. During normal pregnancy, one of the following occurs in the respiratory system
- A. Increased tidal volume
 - B. Decreased oxygen consumption
 - C. Increased functional residual capacity
 - D. Decreased minute ventilation

15. One of the following endocrine glands undergoes greater hypertrophy during pregnancy:
- A. Adrenal
 - B. Thyroid
 - C. Parathyroid
 - D. Pituitary
16. Physiological decrease in systemic vascular resistance during pregnancy occurs due to:
- A. Increased renin secretion
 - B. Decreased estrogen
 - C. Elevated nitric oxide
 - D. Increased aldosterone
17. During pregnancy, the fetal heart:
- A. Increases by 10- 20 bpm
 - B. Remains unchanged
 - C. Increases during labor
 - D. Decreases by 10- 20 bpm
18. One of the following metabolic changes occurs
- A. Lipid levels increase
 - B. Protein catabolism reduces
 - C. Insulin sensitivity increases
 - D. Fasting glucose increases
19. Numbness and tingling in the hands of a pregnant woman at 34 weeks gestation is associated with:
- A. Hyperglycaemia
 - B. Increased plasma volume causing nerve compression
 - C. Increased parathyroid hormone
 - D. Decreased calcium absorption
20. During one of the following, the pregnant woman is grossly concerned about her body image.
- A. First trimester
 - B. Third trimester
 - C. Second trimester
 - D. Postpartum

SHORT ANSWER QUESTIONS

(30 MARKS)

1. State five (5) nutrients/vitamins that may be recommended during preconception care nutritional counseling (5 marks)
2. Explain three (3) presumptive signs of pregnancy (6 marks)
3. Outline five (5) distinguishing features between gynaecoid and platypeloid pelvis (5 marks)
4. Explain four (4) activities that are conducted during the first antenatal contact (8 marks)
5. Explain three (3) psychological changes that occur during the first trimester (6 marks)

LONG ANSWER QUESTIONS

(20 MARKS)

1. a. State five causes of jaundice during pregnancy (5 marks)
b. Describe the management of five (5) minor discomforts of pregnancy (15 marks)

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