



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES  
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES (UPGRADING)  
END OF SEMESTER JAN 2026 EXAMINATIONS**

**COURSE TITLE AND CODE: BSN 227 Midwifery and Obstetrics Nursing II**

**DATE: 9<sup>TH</sup> APRIL 2026**

**DURATION: 2 HOURS**

**Start: 9AM**

**Finish: 11AM**

**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.

## **SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS)**

1. The mosquito that transmits malaria in pregnancy is;
  - A. Aedes
  - B. Anopheles
  - C. Culex
  - D. Mansonia
2. The first stage of labour begins with;
  - A. Full cervical dilatation
  - B. Onset of regular uterine contractions
  - C. Rupture of membranes
  - D. Descent of the fetal head
3. The maximum duration of the fourth stage of labour is;
  - A. 30 minutes
  - B. 1 hour
  - C. 2 hours
  - D. 4 hours
4. The physiological change that helps the newborn breathe after birth is
  - A. Closure of the ductus venosus
  - B. Expansion of lung
  - C. Decrease in surfactant
  - D. Increased fetal circulation
5. Anaemia in pregnancy increases the risk of
  - A. Preterm birth
  - B. Polyhydramnios
  - C. Macrosomia
  - D. Post-term delivery
6. The best method of pain relief in labour is
  - A. Same for all women
  - B. Determined by availability only
  - C. Individualized to the woman
  - D. Always pharmacological
7. A newborn with an APGAR score of 8 at 5 minutes is;
  - A. Severely depressed
  - B. Moderately depressed
  - C. In good condition
  - D. Critically ill

8. Asymptomatic bacteriuria in pregnancy should be;
  - A. Ignored
  - B. Treated
  - C. Observed only
  - D. Treated after delivery
  
9. The hormone most responsible for uterine contractions is
  - A. Estrogen
  - B. Progesterone
  - C. Oxytocin
  - D. Prolactin
  
10. The aim of post-natal care is to;
  - A. Treat disease only
  - B. Promote recovery and detect complications
  - C. Focus on the baby only
  - D. Reduce hospital stay
  
11. Failure of the ductus arteriosus to close may result in;
  - A. Improved oxygenation
  - B. Persistent fetal circulation
  - C. Increased lung expansion
  - D. Normal adaptation
  
12. Kangaroo Mother Care KMC improves newborn survival mainly by;
  - A. Reducing oxygen needs
  - B. Enhancing thermal regulation
  - C. Increasing drug absorption
  - D. Preventing congenital anomalies
  
13. The transition from fetal to neonatal circulation depends mainly on;
  - A. Closure of foramen ovale
  - B. Initiation of breathing
  - C. Increase in foetal haemoglobin
  - D. Umbilical cord clamping
  
14. The most reliable sign of placental separation is;
  - A. Uterine relaxation
  - B. Sudden gush of blood
  - C. Lengthening of umbilical cord
  - D. Maternal pain

15. Early initiation of breastfeeding helps prevent
- Neonatal jaundice
  - Postpartum haemorrhage
  - Congenital anomalies
  - Birth asphyxia
16. Severe malaria in pregnancy commonly leads to
- Polycythemia
  - Hypoglycaemia
  - Hypercalcaemia
  - Hypertension
17. A newborn at one 1 minute with heart rate 110bpm, weak cry, some flexion of limb, grimace on stimulation and pink body with blue extremities has an APGAR score of;
- 6
  - 7
  - 8
  - 9
18. The most appropriate immediate action for a post-natal mother who complains of heavy bleeding, dizziness, soft boggy uterus is;
- Encourage oral fluids
  - Initiate uterine massage and assess bleeding
  - Reassure the mother and observe
  - Advise rest and follow-up visit
19. The condition that increases cardiac workload in pregnancy is
- Increased blood volume
  - Reduced heart rate
  - Decreased oxygen demand
  - Reduced plasma volume
20. The targeted post-natal care approach focuses on
- Routine visits only
  - Risk-based care
  - Emergency care only
  - Hospital-based care only

### **SECTION B: SHORT ANSWER QUESTIONS (30 MARKS)**

- Describe the physiological processes involved in the first stage of labour (8 marks)
- Outline the components of the third stage of labour (5 marks)
- Describe the major changes during puerperium (8 marks)

4. State five (5) foetal and maternal complications of pre-eclampsia (5 marks)
5. Highlight four (4) benefits of Kangaroo Mother Care (KMC) (4 marks)

**SECTION C: LONG ANSWER QUESTION (20 MARKS)**

1. A term baby is delivered vaginally in a health facility and assessed immediately after birth. The newborn cries weakly, has flexed limbs, a heart rate of 120 beats per minute, some response to stimulation, and bluish extremities. The mother is stable and intends to breastfeed.
  - a) Using the APGAR scoring system, assess the condition of the newborn at one minute after birth and interpret the findings. (6 marks)
  - b) Describe the key physiological changes that occur in the newborn to enable adaptation to extra-uterine life. (8 marks)
  - c) Outline the essential principles of care and management of the normal newborn during the immediate post-delivery period, including feeding options. (6 marks)