



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
NORMAL EXAMINATION APRIL-MAY 2026 EXAMINATION**

COURSE CODE AND TITLE: BSM 126 and Normal Pregnancy

DATE: 10th APRIL 2026

Duration: 2hrs

Start: 9:00AM

Finish: 11:00AM

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.

SECTION I: MULTIPLE ANSWER QUESTION (20 MARKS)

1. A 28-year-old pregnant woman at 30 weeks presents with swelling of her hands and face, severe headache, and high blood pressure of 150/95 mmHg. What is the most appropriate action?
 - A. Advise rest at home only
 - B. Refer immediately to a higher-level facility
 - C. Monitor weekly
 - D. Prescribe exercise only
2. During a routine ANC visit, a midwife counsels a pregnant woman to take iron, folate, and calcium supplements and to eat green leafy vegetables. What is the main purpose of this counselling?
 - A. To entertain the mother
 - B. To improve maternal and fetal health
 - C. To reduce hospital visits
 - D. To test compliance
3. A first-time mother asks the midwife what warning signs she should report immediately during pregnancy. Which of the following should the midwife include?
 - A. Vaginal bleeding, severe headache, reduced fetal movements
 - B. Mild fatigue and occasional nausea
 - C. Slight backache
 - D. Occasional heartburn
4. A pregnant woman at 26 weeks presents with high fever, burning sensation during urination, and lower abdominal pain. What type of ANC assessment does this scenario reflect?
 - A. Routine health education
 - B. Risk assessment and early intervention
 - C. Nutrition counselling
 - D. Documentation
5. A midwife is teaching a group of pregnant women how to prepare for labor and delivery. Which of the following is an example of birth preparedness education?
 - A. Preparing transport and money for delivery
 - B. Explaining normal fetal movements
 - C. Prescribing iron tablets
 - D. Measuring blood pressure
6. A woman comes for her first ANC visit. She reports irregular meals, eating mostly refined foods, and little vegetables. Which intervention is most appropriate?
 - A. Health education on balanced diet and meal planning
 - B. Prescribe iron tablets only
 - C. Advise skipping meals
 - D. Refer to hospital immediately

7. During ANC, a midwife performs Leopold's maneuvers and notices the fetus is in breech position at 36 weeks. What should the midwife do next?
 - A. Document and reassure the mother
 - B. Educate the mother about fetal position and refer for further evaluation
 - C. Advise exercise to correct position
 - D. Ignore since it is normal
8. A pregnant woman complains of extreme fatigue, pallor, and shortness of breath. On assessment, she has low hemoglobin. Which counselling point is most appropriate?
 - A. Advise taking iron-rich foods and iron supplements
 - B. Ignore, it is normal in pregnancy
 - C. Prescribe exercise only
 - D. Recommend fasting
9. During a health education session, a midwife explains the importance of antenatal exercises. Which is a correct reason to include this in counselling?
 - A. To reduce stress, improve circulation, and prepare for labor
 - B. To lose weight rapidly
 - C. To delay fetal growth
 - D. To replace supplements
10. A pregnant woman at 32 weeks complains that she has no money for transport for delivery. What should the midwife do as part of ANC health education?
 - A. Advise her to wait until labor begins
 - B. Counsel on birth preparedness and complication readiness
 - C. Refer immediately without counseling
 - D. Ignore, as it is a social issue
11. A midwife notices a pregnant woman has high blood pressure and protein in urine. Which complication should she suspect?
 - A. Pre-eclampsia
 - B. Anemia
 - C. Urinary tract infection
 - D. Gestational diabetes
12. A pregnant woman asks why she should attend all ANC visits. Which is the most accurate explanation?
 - A. To monitor maternal and fetal health regularly
 - B. To get entertained
 - C. To avoid labor pain
 - D. To reduce exercise
13. Which hormone is primarily responsible for ovulation?
 - A. Progesterone
 - B. Luteinizing hormone (LH)
 - C. Estrogen
 - D. Prolactin

14. A woman at 16 weeks gestation asks about warning signs of infection. Which of the following should the midwife include?
 - A. Fever, burning urination, foul-smelling discharge
 - B. Mild fatigue
 - C. Occasional nausea
 - D. Leg swelling only
15. Which pelvis type is considered most favorable for vaginal childbirth?
 - A. Android
 - B. Gynecoid
 - C. Anthropoid
 - D. Platypelloid
16. During ANC, a midwife measures fundal height and fetal movements. This assessment helps to:
 - A. Evaluate fetal growth and wellbeing
 - B. Check maternal nutrition only
 - C. Determine maternal blood pressure
 - D. Record weight only
17. A midwife advises a woman to take iron and folate supplements daily. This advice primarily aims to:
 - A. Prevent neural tube defects and anemia
 - B. Reduce labor pain
 - C. Increase weight gain only
 - D. Avoid fetal movements
18. A woman at 20 weeks gestation reports decreased fetal movements. What should be the midwife's first action?
 - A. Advise waiting until next visit
 - B. Assess fetal wellbeing immediately
 - C. Provide nutrition counselling only
 - D. Ignore as normal
19. During a health education session, a midwife teaches pregnant women to eat a variety of foods and drink enough water daily. This is an example of:
 - A. Nutritional counselling
 - B. Risk assessment
 - C. Lab testing
 - D. Documentation
20. A pregnant woman asks about the purpose of the MCH booklet. Which is the correct answer?
 - A. Entertainment
 - B. Documentation of maternal and fetal health
 - C. Surgery record
 - D. Medication guide only

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

1. Describe four physiological changes during pregnancy (5 Marks)
2. Differentiate presumptive, probable and positive signs of pregnancy. (5 Marks)
3. five danger signs in pregnancy. (5 marks)
4. State five objectives of antenatal care. (5 Marks)
5. State five key topics a midwife should include when providing health education to a pregnant woman during antenatal care (5 Marks)
6. Outline five micronutrients required in pregnancy and their functions. (5 Marks)

SECTION II: LONG ANSWER QUESTION (20 MARKS)

1. a) Discuss the principles of antenatal care. (10 marks)
b) Describe the components of antenatal care. (10 marks)