



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

**COURSE CODE AND TITLE: BSM 322 PEURPERIUM**

**UPGRADING**

**DATE:**

Duration:

Start:

Finish:

**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.

1. Concerning puerperium, one of the following statement is true:
  - A. Puerperium is a period of 60 days following fourth stage of labor
  - B. Puerperium is a period of 60 days following third stage of labor
  - C. Puerperium is a period of 42 days following fourth stage of labor
  - D. puerperium is a period of 42 days following third stage of labor
2. Normal lochia has a:
  - A. Heavy and offensive odour Light and offensive odour
  - B. Heavy and non-offensive odour Light and non-offensive odour
  - C. Light and offensive odour
  - D. Light and non-offensive odour
3. General care during post-partal period includes:
  - A. Assessment of the Breasts, abdomen and fundus of the uterus
  - B. Assessment of the Breasts, abdomen and integumentary system
  - C. Assessment of the Breasts, abdomen and neurological system
  - D. Assessment of the Breasts, abdomen and congenital abnormalities
4. In a lactating mother, suckling leads to one of the following responses:
  - A. Increase of prolactin inhibiting factor
  - B. Increase of hypothalamic dopamine
  - C. Increase of hypothalamic prolactin
  - D. Increase of luteinizing hormone releasing factor
5. One the following assessment findings in a post natal mother would denote superficial venous thrombosis:
  - A. Paleness of the calf area
  - B. Coolness of the calf area
  - C. Enlarged and softened veins
  - D. Enlarged and hardened veins
6. Concerning breast feeding, one of the following statements is true:
  - A. Breast feeding has a role in involution of the uterus
  - B. Breast feeding should be discontinued if breast infection is suspected
  - C. Breast feeding should be commenced three days post- partum
  - D. Breast feeding should be replaced by bottle feeds if the mother had a Caesarean Section
7. One of the following actions would be most appropriate for a midwife to take, in-case a post-natal mother complains of feelings of faintness and dizziness:

- A. Obtain hemoglobin and hematocrit levels
  - B. Elevate the mother's foot of the bed
  - C. Avoid handling the newborn infant until feelings of lightheadedness and dizziness subside
  - D. Instruct the mother to request for help when getting out of bed
8. Immediately after third stage of labor is completed:
- A. The lochia loss is pink in colour
  - B. There is decreased venous return to the heart
  - C. The uterine fundus is between the umbilicus and symphysis pubis
  - D. The uterus weighs about 500gms
9. When a Midwife is performing an initial newborn assessment in the first minute of life, the most important parameters to measure are:
- A. Gestational age, sex and muscle tone
  - B. Weight, length, head circumference
  - C. Pulse, respirations, weight
  - D. Colour, respirations, heart rate
10. The hypercoagulability of pregnancy places the post - partal client at an increased risk of:
- A. Pulmonary embolism
  - B. Lobar pneumonia
  - C. Anaemia
  - D. Polycythemia
11. While carrying out a post natal examination 24 hours after delivery, the midwife would expect to find the fundus of the uterus at:
- A. The level of the umbilicus
  - B. The level of the symphysis pubis
  - C. Three centimeters above the umbilicus
  - D. Three centimeters above the symphysis pubis
12. On which of the post partum days does the client expect lochia serosa?
- A. Day 2 and 3 post- partum
  - B. Day 9 and 10 post –partum
  - C. Day 30 and 32 post – partum
  - D. Day41 and 42 post- partum
13. How much blood loss should a Midwife consider to be Post -partum Hemorrhage?
- A. 100 to 200 mls following a Spontaneous Vertex Delivery
  - B. 500 to 600 mls following a Caesarean Section
  - C. 300 to 400 mls following a Spontaneous Vertex Delivery
  - D. 1100 to 1200 mls following a Caesarean Section

14. A congenital deformity of the foot where the plantar is flexed and front part of the foot is inverted is known as:
- A. Polydactyl
  - B. Talipes Calcaneovalgus
  - C. Syndactyl
  - D. Talipes Equinavarum
15. One of the following behaviours would indicate to the midwife that a client is bonding with her newborn baby:
- A. The client asks her husband to give the newborn a bottle of milk
  - B. The client talks to the newborn baby and picks him up when he cries
  - C. The client feeds the baby every three hours
  - D. The client asks the Nurse to recommend a good child care manual
16. A neonate has been diagnosed with Caput Succedaneum. One of the statement below is correct about this condition:
- A. It usually resolves within 3 to 6 weeks
  - B. It does not cross the cranial suture lines
  - C. It involves swelling of tissue over the presenting part of the head
  - D. It is a collection of blood between the skull and the periosteum
17. A Midwife in a delivery room is assisting with the delivery of a newborn. After the delivery, the Midwife prepares to prevent heat loss in the newborn by:
- A. Warming the baby cot
  - B. Turning the overhead radiant warmer
  - C. Shutting the doors to the room
  - D. Drying the infant in warm blanket
18. One of the following is an early warning sign to a midwife, about a mother with excessive bleeding during puerperium:
- A. A blood pressure change from 130/88 to 124/80 mmHg
  - B. An increase in the respiratory rate from 18 to 22 breaths per minute
  - C. An increase in the pulse rate from 88 to 102 Beats per minute
  - D. A temperature of 37.1 degrees Celsius
19. A Midwife is sharing a health message with a mother who has just been diagnosed with mastitis. Which of the following statements, if made by the mother would indicate the need for further teaching?
- A. "I need to take antibiotics, and I should begin to feel better in 24 to 48 hours"
  - B. "I can use analgesics to assist in alleviating some of the discomfort"
  - C. "I need to wear a supportive bra to relieve the discomfort"
  - D. "I need to stop breastfeeding until this condition resolves"

20. Immediate management of a plugged milk duct in a lactating mother would be:
- A. Stop breastfeeding immediately and take an Analgesic for pain
  - B. Continue breastfeeding regularly to resolve the plugged duct
  - C. Schedule a mammogram immediately
  - D. Commence on an antibiotic immediately

**SECTION B: SHORT/LONG ANSWER QUESTIONS (30 MARKS)**

1. State six (6) major endocrine related changes that take place in mothers during puerperium (6 marks).
2. Outline six (6) antepartum predisposing factors to Asphyxia Neonatorum (6 marks)
3. State six (6) assessment findings on a mother diagnosed with Premature labor (6 marks)
4. Highlight six (6) predisposing factors to respiratory distress syndrome (6 marks).
5. Describe six (6) genital urinary system related complications of puerperium to the mother (6 marks)

**SECTION B: SHORT/LONG ANSWER QUESTIONS (20 MARKS)**

- 1) Mrs. G, 32 years old, had a normal delivery in hospital. On the 4<sup>th</sup> day following discharge from hospital, she was diagnosed with puerperal sepsis. Describe her management (10 marks)
- 2) Explain the role of the midwife in the prevention of breast complications (10 marks)