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UNIVERSITY EXAMINATIONS 2022/2023 ACADEMIC YEAR

SECOND YEAR FIRST TRIMESTER

SPECIAL/SUPPLEMENTARY EXAMINATION

FOR BACHELOR OF SCIENCE IN NURSING DEGREE

COURSE CODE: NUR 215

COURSE TITLE: MIDWIFRY 1

DATE: 16/08/2023

TIME: 9AM – 12PM

INSTRUCTIONS TO CANDIDATES

Answer ALL Section one (1) MULTIPLE CHOICE QUESTIONS and ALL Section two (2) SHORT ANSWER QUESTIONS and any one (1) section THREE (3) LONG ANSWER QUESTION.

TIME: 3 Hours

SECTION 1: MULTIPLE CHOICE QUESTIONS – ANSWER ALL QUESTIONS (50

Marks)

1. The pad of fat lying over symphysis pubis is known as?
 - (a) Labia majora
 - (b) Labia minora
 - (c) Clitoris
 - (d) Mons pubis

2. The area of external genitalia that occupies the posterior two-thirds of the vestibule is known as?
 - (a) Urethra orifice
 - (b) Anus
 - (c) Vaginal orifice
 - (d) Bartholins gland

3. The blood supply to external genitalia is through?
 - (a) External pudendal arteris
 - (b) Internal pudendal artery
 - (c) Vaginal artery
 - (d) Uterine artery

4. The normal position of the uterus is;
 - (a) Retroversion and inflexion
 - (b) Anteflexion and anteversion
 - (c) Retroversion and anteflexion
 - (d) Horizontal position

5. Support of the uterus at the level of cervix include: -
 - (a) Broad ligament, infundibulopelvic
 - (b) Utero-ovarian pelvic, pubocervical
 - (c) Infundibulopelvic, pubocervical
 - (d) Pubocervical transversical

6. The longest and widest part of ovarian tube is known as: -
- (a) Isthmus
 - (b) Intestinal
 - (c) Infundibulum
 - (d) Ampulla
7. The nerve supply of the ovarian tubes is from: -
- (a) Ovarian plexus
 - (b) Inferior hypogastric and pelvic plexus
 - (c) Deep inguinal iliac nerve
 - (d) Superficial inguinal nerve.
8. The upper half of above the vagina is known as
- (a) Internal os
 - (b) External os
 - (c) *Supra vaginal portion*
 - (d) *Infra vaginal portion*
9. The anterior relation of the vagina includes: -
- (a) Pouch of Douglas, rectum
 - (b) Urinary bladder, urethra
 - (c) Pelvic fascia, uterus
 - (d) Urinary bladder, uterus
10. The length of anterior wall of the vagina is
- (a) 10 cm
 - (b) 5 cm
 - (c) 7.5 cm
 - (d) 2.5 cm
11. The narrow area between the cavity and the cervix which enlarges during pregnancy to form lower uterine segment is known as
- (a) Isthmus
 - (b) Supravaginal portion

- (c) Internal os
 - (d) Intravaginal portion
12. The organ allocated at the base of brain and connected to hypothalamus and produces, stress and release follicle stimulating hormone and leutinizing hormone is:
- (a) Ovaries
 - (b) Ovarian follicle
 - (c) Corpus litium
 - (d) Hypothalamus
13. The major bones of the pelvis include
- (a) Ilium, Ischium, os pubis
 - (b) Innominate, Sacrum, Coccyx
 - (c) Ischium Sacrum, os pubis
 - (d) Coccyx Ilium, os pubis
14. Sacroiliac ligaments connect:
- (a) Sacrum and Ischium
 - (b) Sacrum and Coccyx
 - (c) Sacrum and ilium
 - (d) Between two pubic bones
15. The characteristics of gynaecoid pelvis include:
- (a) Round brim, straight sacrum, subpubic angle is less than 90°
 - (b) Heart shaped bream, ischial spines are prominent, sciatic notch wide
 - (c) Generous fore pelvis, straight sole wall, blunt ischial spin
 - (d) Long oval brim, divergent side wall, Narrow sciatic notch
16. The diagonal conjugate is measured from
- (a) Over border of the symphysis to the sacral promontory.
 - (b) Sacro promontory to the posterior border of upper surface of the symphysis pubis, which is 1.25 cm lower.
 - (c) Sacral promontory to iliopectineal eminence on the opposite side
 - (d) Sacro promontory to iliopectineal line on the opposite side

17. The superficial muscle layer of the pelvic floor the following muscles

- (a) Ischiocavernosus, bulbospongiosus
- (b) Transverse perineal, pubococcygeus
- (c) Hiococcygeus, Ischiococcygeus
- (d) Transverse perineal Ischrococcygeous

18. During pregnancy, the endometrium divides itself into three distinct layers namely;

- (a) Decidua basalis, decidua capsularis, decidua vera
- (b) Decidua vera, Myometrium, trophoblast.
- (c) Trophoblast, decidua capsularis
- (d) Decidua vera, decidua basalis, decidua rection.

19. During the cleavage of the zygote the morula stage occurs within;

- (a) 5 days
- (b) 1 day
- (c) 3 days
- (d) 4 days

20. The precursor to formation of exoskeleton includes;

- (a) Endoderm
- (b) Ectoderm
- (c) Mesoderm
- (d) Trophoblast

21. During the cleavage, the division of the zygote into two blastomeres after fertilization begins at approximately after:

- a) 30 hours
- b) 10 hours
- c) 5 hours
- d) 40 hours

22. The human oocyte is fertilized in the lateral portions of the ovarian tube known as:

- a) Interstitial
- b) Isthmus
- c) Ampulla
- d) Infundibulum

23. After fertilization, the implantation of blastocyst in the endometrium takes place around:

- a) 4th day
- b) 5th day
- c) 6th day
- d) 7th day

24. Between 2nd – 8th week of development, the zygote the outer the zona pellucida changes its structure to become:

- a) Syncytiotrophoblast
- b) Trophoblast
- c) Cytotrophoblast
- d) Decidua

25. The endometrial wall where embedment of the blastocyst takes place and develops further is known as:

- a) Decidua capsularis
- b) Decidua basalis
- c) Decidua cells
- d) Decidua parietalis

26. Before the development of the placenta, the embryo (blastocyst) is kept alive via;

- a) Trophoblastic lacunae
- b) Syntiolrophoblast
- c) Corpus leutium
- d) Exocoelomic membrane

27. Derivatives of ectoderm include:

- a) Pituitary gland, Gonads, gastrointestinal gland
- b) Gastro intestinal gland, blood vessels, serous layer
- c) Urogenital tract, vertebrate
- d) Pituitary gland, peripheral nervous system.

28. Peripheral nervous system originates from: -

- a) Ectoderm
- b) Endoderm
- c) Mesoderm
- d) Lateral mesoderm

29. The fibrous covering in growths which divide the testes into 200-300 lobules is known as:

- a) Tunica vasculosa
- b) Tunica vaginalis
- c) Tunica Albuginea
- d) Spermatic cord

30. Functions of spermatic cord include

- a) Produces spermatozoa
- b) Stores spermatozoa
- c) Transports spermatozoa to efferent duct
- d) Carrying the spermatozoa to ejaculating duct.

31. The layers of the penis include: -

- a) Corpus cavernosum corpus spongiosum
- b) Corpus vasculosa, corpus spongiosum
- c) Tunica albuginea, tunica vasculosa
- d) Corpus cavernosum, tunica albuginea

32. The temperature that enables the production of viable spermatozoa is: -
- a) 37⁰c
 - b) 34.4⁰c
 - c) 35.3⁰c
 - d) 30⁰c
33. The hormones of the anterior pituitary that influence the menstrual cycle include: -
- a) Follicle stimulating hormone, luteinizing hormone
 - b) Oestrogen, progesterone
 - c) Luteinizing hormone, progesterone
 - d) Oestrogen, follicle stimulating hormone
34. A woman whose body mass index is 26.5 kgm² is classified as:
- a) Heavy weight
 - b) Obesity I
 - c) Over weight
 - d) Health weight
35. Plasma volume at 32 weeks is usually: -
- a) 2600 m/s
 - b) 1400 m/s
 - c) 3850 m/s
 - d) 1550 m/s
36. At the gestation of 36 weeks, the fundal height is at the level of: -
- a) Umbilicus
 - b) Symphysis pubis
 - c) Xiphisternum
 - d) Midway between xiphisternum and symphysis pubis
37. Due to growing uterus and pressure on the lungs, there is reduction of total lung capacity by: -
- a) 20 %
 - b) 15%
 - c) 10%

d) 5%

38. At term, pregnancy progesterone secretion fail allowing controlled gradual release of hormone: -

- a) Oestrogen
- b) Prolactin
- c) Oxytocin
- d) Laxin

39. During pregnancy amino acids level in the blood is reduced because:

- a) Maternal needs are reduced.
- b) Increased plasma concentration in the circulation
- c) They are used to make glucose and foetal energy and protein synthesis.
- d) Active need by the brain of the developing fetus.

40. Dispensation of weight gain in pregnancy by placenta in kilograms is

- a) 3.5
- b) 0.4
- c) 0.6
- d) 1.5

41. Prolactin hormone stimulates the acini cells in the breast to produce colostrum as from:

-
- a) 38 weeks
- b) 30 weeks
- c) 24 weeks
- d) 16 weeks

42. The aims of 1st Ante natal clinic attendance includes

- a) To begin building a trusting relationship in which realistic plans of care are discussed
- b) To monitor the progress of pregnancy in order to ensure maternal health and normal fetal development.
- c) To build a trusting relationship in which realistic plans of care are discussed.
- d) To identify risk factors by taking adequate details of the obstetric history

43. Aims of pre-conception care include: -

- a) Assist the couple to make informed choices to whether to have a pregnancy.
- b) To recognize deviation from normal and provide management.
- c) To offer the family advise on parenthood either in a planned program or an individual basis.
- d) To provide appropriate opportunity for the woman and her family to express any conscience they might have.

44. The family history that is taken during the first antenatal visit should include;

- a) Mental illness, multiple pregnancy, sickle cell
- b) Number of children, marital status, diabetes.
- c) Hypertension, number of family members, mental illness.
- d) Occupation, number of family members, anaemia.

45. Normal weight gain during the 1st 20 weeks is: -

- a) 8.5 kgs
- b) 6kgs.
- c) 4 kgs
- d) 2kgs.

46. During pregnancy, the normal body mass index (BMI) should be

- a) Less than 20
- b) 25 – 29.9
- c) More than 30
- d) 20 – 24.9

47. During the first and consequence antenatal visits, abdominal examination must be done.

The aims of this abdominal examinations include

- a) Observe the signs of pregnancy, locate fetal parts, detect deviation from normal.
- b) To rule out any injuries and infections of the genital tract, locate the placenta, observer the, signs of pregnancy.
- c) Locate the placenta, rule out genital tract infection.
- d) Confirm the sex of the foetus, locate the placenta, detect deviation from normal.

48. Indicators of fetal well-being include: -

- a) Increasing maternal weight in association with increasing uterine size compatible with gestational age.
- b) Constant maternal weight during the antenatal period.
- c) 5-6 Rapid foetal movement in a day
- d) When there passage of meconium from the fetus

49. The ripening of the cervix is caused by the toll

- a) Oestrogen Luteinizing
- b) Progesterone, oestrogen
- c) Relaxin, prostaglandin
- d) Relaxin, Luteinizing

50. Contributing factors to hyperemesis gravidarum include: -

- a) Multiple pregnancy
- b) Infections
- c) Need for critical substances requirement for the fetal growth
- d) Elevated pregnancy hormones

SECTION B: SHORT ANSWER QUESTIONS (30 Marks)

1. Knowledge of the relations of the vagina to other pelvic organs is essential for the accurate examination of the pregnant woman and safe birth of the baby: -
 - State relations of the vaginal to other pelvic organs (5 marks)
2. Outline five primary organs involved in menstrual cycle (5 marks)
3. Outline the phases of fertilization (5 marks)
4. Discuss five (5) functions of the placenta during pregnancy (5 marks)
5. State five (5) aims of antenatal care (5 marks)
6. Discuss five (5) types of information that you would get from family history when you meet a mother in the antenatal clinic for the first time (5 marks)

SECTION 3: LONG ANSWER QUESTIONS – ANSWER ANY ONE QUESTION (20 Marks)

1. Mrs. Kiti a primegravida comes to your antenatal clinic for the first time with a history of having missed her period for three months.
 - (a) Explain the history you will take from Mrs. Kiti (10 marks)
 - (b) Describe six (6) investigations that will be done on her during this visit (6 marks)
 - (c) State four (4) health messages you would share with her (4 marks)

OR

2. Mrs. Kewa para 3 + 2 gravida 6 comes to your antenatal clinic at a gestation period of 30 weeks with history of spotting for the last one week.
 - (a) Define Antepartum haemorrhage (2 marks)
 - (b) State four (4) causes of antepartum Haemorrhage (4 marks)
 - (c) Describe her management till the condition improves (14 marks)