

FACULTY OF SCIENCE AND TECHNOLOGY

EXAMINATION FOR THE DIPLOMA IN NURSING YEAR 2

SUMMATIVE EXAMINATION (SEMESTER 4)

ACADEMIC SESSION 2013

SND 2206: OBSTETRIC NURSING

MARCH 2013

TIME: 2 Hours

QUESTIONS

INSTRUCTIONS TO CANDIDATES

This question booklet contains two sections.

Section A

Fifty Multiple Choice Questions (MCQ)

Answer ALL questions in Section A using the multiple choice answer sheet provided.

Section B

One Modified Essay Question (MEQ)

Answer ALL questions in Section B using the answer booklets provided.

At the end of the examination, all the answer booklets, multiple choice answer sheets and the examination booklets will be collected by the invigilator.

[This paper contains FIFTY MCQ and
ONE MEQ question printed on THIRTEEN pages]

Section A: 50 marks

Answer ALL Multiple Choice Questions.

1. The hormone responsible for a positive pregnancy test is
 - A estrogen.
 - B progesterone.
 - C follicle stimulating hormone.
 - D human chorionic gonadotropin.

2. During a prenatal visit, the woman is diagnosed with oligohydramnios. The nurse understands that the term indicates the amniotic fluid is
 - A. leaking.
 - B deficient .
 - C excessive.
 - D meconium stained.

3. In the fetal development, the inner cell mass is developed into
 - A fetus
 - B placenta
 - C chronion
 - D decidua

4. Which of the following are the functions of amniotic fluid?
 - I. Facilitates fetal movement
 - II. Serves as the fluid for the fetus
 - III. Maintains the internal temperature
 - IV. Transmits fetal nutrition and waste product
 - A I & III
 - B II & IV
 - C I, II & III
 - D I, III & IV

5. A pregnant client asks a nurse about the purpose of placenta. The nurse responds by telling the client that the placenta
- A prevents viruses from passing to the fetus.
 - B cushions the fetus from abdominal trauma
 - C maintains the internal temperature of the fetus.
 - D provides exchange of nutrients and waste products.
6. During a teaching session for mother and new borns, a mother asks when the "soft spots" on her baby's head will close. The nurse replies:
- A "You don't have to worry about those spots. They will close."
 - B "The anterior fontanel will close in 18 months and the posterior in 8 weeks."
 - C "The anterior fontanel will close in 4 to 6 weeks and the posterior in 1 year."
 - D "The posterior fontanel will close in 18 months and the anterior in 8 weeks."
7. A nurse is reviewing prenatal records of 4 clients. Based on the following pelvic types, which two clients would be more likely to give birth vaginally?
- A Gynecoid and android
 - B Gynecoid and anthropoid
 - C Platypelloid and anthropoid
 - D Anthropoid and platypelloid
8. The client has done a pregnancy test that shows positive result. This indicates which of the following sign of pregnancy?
- A Positive
 - B Possible
 - C Probable
 - D Presumptive
9. A primigravida in her thirty-eighth week tells the nurse that she is breathing easier but has to go to the bathroom a lot more frequently. The nurse explains to the patient that this is called
- A moulding
 - B lightening
 - C quickening
 - D ballottement

10. A pregnant client is scheduled to have her abdominal ultrasound scan. The nurse's instruction should include the following.
- A Postponing breakfast until after the test
 - B Drinking few glasses of water before the test
 - C Emptying the bladder immediately prior to the test
 - D Inserting a suppository on arising on the day of the test.
11. Quickening is determined through which assessment technique?
- A Palpation
 - B Percussion
 - C Auscultation
 - D Deep palpation
12. What is an accurate statement about the relationship between pregnancy and maternal blood volume?
- A The maternal blood volume increases steadily throughout the pregnancy
 - B The maternal blood volume increases are caused by a doubling of plasma volume
 - C The maternal blood volume increases results from an increase in erythrocytes
 - D The maternal blood volume increases by an average of 75% over pre-pregnancy values
13. The most appropriate instruction that should be given to help prevent urinary tract infection (UTI) during pregnancy would be
- A limit fluid intake to between meals.
 - B drink cranberry juice at least once a day.
 - C drink at least eight glasses of water a day.
 - D take more frequent and small amount diet.
14. During the nurse's assessment, which finding would indicate linea nigra in a pregnant client?
- A Small, bright red elevations of the skin
 - B Darkening of the midline of the abdomen
 - C Irregular pigmentation of the checks, forehead and nose
 - D Reddish, wavy depressed streaks over the abdomen or breast

15. A woman in her seventh month of pregnancy reports that her gums bleed easily. What is the significance of this data?
- A This indicates gum atrophy
 - B This indicates a risk of hemorrhage
 - C This is caused by elevated estrogen levels
 - D This is caused by elevated progesterone levels
16. A woman in her third trimester is complaining of dyspnea. What is the most appropriate intervention for the nurse to suggest?
- A "Eat several small meals daily."
 - B "Elevate your legs when sitting."
 - C "Move slowly when changing position."
 - D "Sleep with two pillows under your head."
17. The client who is of 8 weeks gestation, is experiencing frequent nausea and vomiting. Following the instruction by the nurse, which of the following statements by the client indicates that she understands the best course of management?
- A "I should eat crackers or toast before arising."
 - B "I should avoid carbonated beverages as they cause gas."
 - C "I should avoid eating more frequently than every 4 hours."
 - D "I shall arise early so that I will have time to eat a full breakfast."
18. An antenatal client at 36 weeks gestation is assessed in the prenatal clinic. All assessment findings are within normal limits. The client asks when she should schedule her next visit. What is the nurse's best response?
- A In 1 week
 - B In 2 weeks
 - C In 3 weeks
 - D In 4 weeks

19. A pregnant woman is weighed each time she visits the maternity clinic in order to
- A detect abnormalities.
 - B detect occult oedema.
 - C fulfil the clinic's routine.
 - D monitor maternal and fetus wellbeing .
20. An antenatal client tells the nurse her last period was May 18 to 24. When will be her expected date of birth?
- A February 11 (of the next year)
 - B February 18 (of the next year)
 - C February 25 (of the next year)
 - D March 1 (of the next year)
21. The pregnant client reports that she has a 3-year-old child at home who was born at term, had a miscarriage at 10 weeks gestation, and delivered a set of twins at 28 weeks gestation that died within 24 hours. In the prenatal record, the nurse should record
- A Gravida 2, Para 1+1
 - B Gravida 3, Para 3+1
 - C Gravida 4, Para 3+1
 - D Gravida 5, Para 4+1
22. Which of the following signs will require a mother to seek immediate medical attention?
- A Mild uterine contraction
 - B When the first fetal movement is felt
 - C No fetal movement is felt on the 6th month
 - D Slight dyspnea on the last month of gestation

23. A pregnant client asks a nurse about the types of exercises that are allowable during the pregnancy. The nurse would suggest to the client that the safest exercise to engage in is
- A swimming.
 - B scuba diving.
 - C low- weight gymnastics.
 - D bicycling with the legs in the air.
24. Nurse Cathy is caring for a 16-year-old pregnant client. The client is taking an iron supplement. What should this client drink to increase the absorption of iron?
- A A glass of milk
 - B A cup of hot tea
 - C A liquid antacid
 - D A glass of orange juice
25. You want to perform a pelvic examination on one of your pregnant clients. You prepare your client for the procedure by
- A asking her to void.
 - B doing a vaginal prep.
 - C taking her vital signs.
 - D giving her perineal care.
26. A woman, 40 weeks' gestation, is admitted to the labor and delivery unit with possible placenta previa. On the admission assessment, the nurse would expect to find
- A a board- like abdomen.
 - B signs of "Bandy Ring".
 - C painless vaginal bleeding.
 - D severe lower abdominal pain.
27. A pregnant woman should immediately report which of the following symptoms?
- A Heartburn and cramps
 - B Dyspnea and heartburn
 - C Leg cramps and nausea
 - D Abdominal pain and nausea

28. A 30 weeks pregnant client is admitted with a diagnosis of severe pregnancy-induced hypertension (PIH). Which assessment findings indicate severe pregnancy-induced hypertension?
- A Urine with 2+ protein, BP 100/64, slight pedal edema
 - B A weight gain of 0.5 kg per week during the previous 2 weeks
 - C Severe pedal and facial edema, BP 170/98, 4+ protein on urine
 - D Constant headache with visual changes, BP 140/90, trace proteinuria
29. A primigravida is in active labour and is complaining of severe backache with contractions. Which of the following is NOT an effective comfort measure?
- A Assistance with ambulation
 - B Position on side with pillow between legs
 - C Massage to the lower back between contraction
 - D External pressure to the sacrum during contraction
30. Several minutes after a vaginal delivery, nursing assessment reveals blood gushing from the client's vagina, umbilical cord lengthening and a globular-shaped uterus. Nurse Luz should suspect which condition?
- A Uterine involution
 - B Placental separation
 - C Postpartum hemorrhage
 - D Cervical or vaginal laceration
31. The multigravida mother who was in active labor calls out to the nurse, "My baby is coming!" Which of the following would be the nurse's first action?
- A Inspect the perineum
 - B Time the contractions
 - C Contact the obstetrician
 - D Auscultate the fetal heart rate
32. The nurse is caring for a client in labor. Which of the following assessments will indicate that the client is beginning the second stage of labor?
- A. Rupture of membranes.
 - B Fully dilated cervical os.
 - C Expulsion of bloody mucus.
 - D Regular uterine contractions.

33. A client is in her first stage of labor, the **PRIORITY** nursing intervention for this client is to
- A administer analgesic for pain.
 - B monitor the progress of labor.
 - C prepare the mother to breastfeed.
 - D encourage the mother to push effectively.
34. A client has episiotomy and complains of perineal discomfort. She is terrified of having any bowel movements. The priority nursing diagnosis for this client at this time is
- A. pain related to episiotomy incision
 - B knowledge deficit related to episiotomy care
 - C activity intolerance related to lack of movement
 - D risk for constipation related to fear of perineal pain
35. You are assessing a client's fundus and find it is firm, 2 cm above the umbilical and displaced to the right. What is the next nursing intervention?
- A Start a pad count.
 - B Notify the physician.
 - C Have the client to void.
 - D Massage the fundus until it is firm.
36. Which of the following woman is at the **HIGHEST** risk for postpartum infection?
- A. women with a prolonged labor.
 - B who has precipitous labour.
 - C who delivered through surgery.
 - D with early rupture of membranes.

37. A pregnant client with a diagnosis of preeclampsia is being closely monitored in the ward. Which assessment finding indicates the need to notify the physician?
- A Urinary output has increased.
 - B Generalized edema has become less.
 - C Having client complains of severe headache.
 - D Blood pressure readings are at the antenatal baseline.
38. The client in labor is showing late decelerations on the fetal monitor. Which intervention should the nurse implement first?
- A Notify the obstetrician immediately.
 - B Place the client in the left lateral position.
 - C Instruct the client to take slow, deep breaths.
 - D Prepare for an immediate delivery of the fetus.
39. Postpartum depression occurs in 8-26% of postnatal mother. Which of the following client would the nurse consider to be at risk for postpartum depression?
- A A client who has history of postpartum hemorrhage
 - B A client who is an unmarried primipara with family support
 - C A primipara who is ambivalent about her pregnancy
 - D A unmarried primipara and constantly ambivalent about her pregnancy
40. On the second day postpartum, the nurse asks the mother to describe her vaginal bleeding. The nurse should expect her to say that it is
- A white and thin.
 - B pink with clots.
 - C brown and scant.
 - D red and moderate.
41. Which of the following instructions should be included in the discharge teaching plan to assist the post-partum client in recognizing early signs of secondary postpartum hemorrhage?
- A Palpate the fundus daily to make sure it is soft
 - B The passage of clots as large as an orange is expected
 - C Report any decreased in the amount of brownish-red lochia
 - D Notify doctor any change of lochia color which return to bright red

42. A woman delivered a 4 kg infant vaginally 6 hour ago. The nurse checks her vaginal bleeding and finds that one pad was soaked throughout the past hours. The **FIRST** action the nurse should take is
- A massaging her uterus to expel any clots.
 - B calling the doctor for an order of oxytocin
 - C getting the client up to go to the bathroom to void.
 - D changing her pad and record it as normal finding.
43. What advice should be given for breast feeding mothers to prevent cracked nipple?
- A Wear loose brassieres
 - B Clean breasts with soap
 - C Limit sucking time for baby
 - D Put in the whole areola in baby's mouth
44. Why is the mother encouraged to breast feed her baby immediately after giving birth?
- A To prevent breast infection
 - B To promote comfort to mother
 - C To promote uterine involution
 - D To prevent infant dehydration
45. Mrs.Linda has delivered a healthy baby boy. What is the immediate care you give to the baby immediately after birth?
- A Clear the airway
 - B Cut the umbilical cord
 - C Put the name tag for the baby
 - D Cover the baby with warm blanket
46. Which of the following findings in a newborn baby girl is normal?
- A Bleeding from umbilicus
 - B Yellow skin tones at 12 hours of age
 - C Respiratory rate of 70 / minutes at rest
 - D Passage of meconium within the first 24 hours

47. A new born infant has poor respiratory effort at birth. Which action should the nurse take to stimulate the infant to breathe?
- A Shaking the infant
 - B Rubbing the infant's back
 - C Vigorous suctioning of the mouth and nose
 - D Dilating the anal sphincter with a thermometer
48. A patient asks how to put a diaper on her new born while the umbilical cord is still attached. The nurse should teach her to
- A place a dressing over the cord before diapering to protect it.
 - B leave the diaper off as much as possible until the cord falls off.
 - C make sure the diaper is folded below the cord until the cord falls off.
 - D be sure that the diaper is snug and covers the cord so it is protected.
49. The nurse would perform which of the following in eliciting the Moro's reflex in a new born?
- A Clap the hand or slap on the new born's mattress
 - B Stimulate the perioral cavity of the new born with finger
 - C Stimulate the new born's ball of the foot by firm pressure
 - D Stimulate the pads of the new born's hands by firm pressure
50. What is your advice to a mother to prevent hypothermia while bathing her baby?
- A Bathe the baby using tap water
 - B Close the door facing the bathroom
 - C Dry the baby's body immediately after bathing
 - D Cover the bed with blanket before placing the baby

END

SECTION B - ESSAY QUESTION (25 MARKS)

QUESTION 1

1. Madam Gigi, a 28 years old woman was in second stage of labor. She delivered her first child soon after an episiotomy incision.

- a) Describe second stage of labour. (2 marks)
- b) State the indications for episiotomy. (5 marks)

Her baby's Apgar score was assessed at 1 minute and 5 minutes.

- c) Define Apgar score. (2 marks)
- d) Describe the assessments done for Apgar scoring. (5 marks)

Madam Gigi's vital signs were stable following delivery and episiotomy suturing. She was then transferred to the post-natal ward together with her baby.

- e) Explain the post-natal nursing management for Madam Gigi. (6 marks)

Madam Gigi's would like to breast feed her baby and needs assistance.

- f) Discuss the technique of "latching on" to breast feed her baby. (5 marks)

END

