

UNIVERSITY OF JAFFNA, SRI LANKA
FACULTY OF ALLIED HEALTH SCIENCES
Fourth Year First Semester Examination in BScHons (Nursing) - 2021



NURMN 4123 MATERNITY NURSING I - PAPER II

Date: 07.03.2023

Time: 02 Hours

ANSWER ALL SIX QUESTIONS

1. Briefly explain the reasons for the following complaints of an antenatal mother and suggest remedies for each of it.
 - 1.1. Nausea and heartburn (20 Marks)
 - 1.2. Constipation (20 Marks)
 - 1.3. Frequency of micturition (20 Marks)
 - 1.4. Back pain (20 Marks)
 - 1.5. Feel dizziness while lying in bed (20 Marks)

2. Mrs Ranji is a 35-year-old woman, currently at 28 weeks of gestation. This is her first pregnancy. Her BMI at her booking visit was 30kg/m². Her height is 150 cm. She attended her antenatal clinical appointment and her blood pressure is 145/100mmHg.
 - 2.1. List the risk factors related to pregnancy of this mother. (20 Marks)
 - 2.2. List the other common risk factors of the pregnancy in addition to those you mentioned in 2.1. (30 Marks)
 - 2.3. Briefly explain the screening methods used to rule out the risk factors of pregnancy at routine Antenatal clinical visits. (50 Marks)

3.
 - 3.1. Define Puerperium (10 Marks)
 - 3.2. Briefly explain the physiology of lactation during puerperium. (30 Marks)
 - 3.3. Briefly explain the involution of the uterus (20 Marks)
 - 3.4. Discuss the nursing management during Puerperium (40 marks)

4.
 - 4.1. Define first stage of Labour. (10 Marks)
 - 4.2. Write, how will you confirm the commencement of the first stage of Labour. (20 Marks)
 - 4.3. Briefly explain the physiological changes of the first stage of Labour (40 Marks)
 - 4.4. Explain the nursing management during the first stage of Labour. (30 Marks)

5.

5.1. List the available contraceptive methods for men. (15 Marks)

5.2. List available contraceptive methods for women. (25 Marks)

5.3. A non-lactating 28 year old lady who is willing to postpone her second pregnancy for one year, is attended to the family planning clinic. She reported that, she does not have any medical illness, except irregular menstruation. She requests you to suggest a best method of family planning for her, briefly explain a suitable female contraceptive method for this lady with all the details. (60 Marks)

6. Write short notes on:

6.1. Development of placenta (50 Marks)

6.2. Newborn care (50 Marks)

