

NURMN 4133 MATERNITY NURSING I – PAPER II

Date: 18.12.2023

Time: 2 hours

ANSWER ALL SIX QUESTIONS:

1. An 18-year primi gravida attended to antenatal clinic for the routine checkup at her 20 weeks of POA. Her hemoglobin level is 8g/dl. Her BMI is 16.5 kg/m² on her booking visit at 7 weeks of gestation. Her height is 139 cm.
 - 1.1. Mention five (5) risk factors of pregnancy for this mother. (15 Marks)
 - 1.2. Normally various screenings performed during antenatal clinics to rule out the medical disease of an antenatal mother which may complicating the pregnancy. Briefly discuss it. (40 Marks)
 - 1.3. Briefly explain the following activities which are routinely performed in an antenatal clinic:
 - 1.3.1. Immunization. (25 Marks)
 - 1.3.2. Micronutrients and nutritional supplementation. (20 Marks)
2. Briefly explain the physiological changes that happen during pregnancy in the following systems:
 - 2.1. Gastrointestinal system (35 Marks)
 - 2.2. Musculoskeletal system (35 Marks)
 - 2.3. Skin (30 Marks)
3.
 - 3.1. What you meant by Normal puerperium (20 Marks)
 - 3.2. Explain the process of involution of uterus. (30 Marks)
 - 3.3. Briefly explain the management of Normal puerperium. (50 Marks)

4.

- 4.1. Define the first stage of Labour. (10 Marks)
- 4.2. Briefly explain the physiological changes occur in first stage of labour. (50 Marks)
- 4.3. Briefly explain the assessments which should be performed by a midwife when the mother is admitted to maternity ward with Labour pain.(40 Marks)

5.

- 5.1. Briefly explain the signs which alert the midwife to recognize that second stage of labour is commenced. (30 Marks)
- 5.2. Briefly explain the management of second stage of Labour. (35 Marks)
- 5.3. Explain the newborn care at hospital setup. (35 Marks)

6. Write short notes on:

- 6.1. Temporary family planning methods. (50 Marks)
- 6.2. Active management of third stage of Labour. (50 Marks)