

SECTION I: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. The first fetal movement felt by the mother in a primigravida is felt at:
 - a) 18 to 20 weeks.
 - b) 14 to 16 weeks.
 - c) 14 to 18 weeks.
 - d) 16 to 18 weeks.
2. Cervical plug called operculum produced during pregnancy is due to the influence of which hormone(s)?
 - a) Progesterone.
 - b) Oestrogen.
 - c) Oestrogen and progesterone.
 - d) FSH.
3. One of the following best describes an objective of preconception care:
 - a) To achieve universal coverage of essential obstetrics care.
 - b) To provide ante natal care.
 - c) To ensure safe delivery.
 - d) To provide health promotion.
4. The aim of Focused Ante natal Care (FANC), is:
 - a) To provide personalized care to pregnant woman.
 - b) To achieve a good outcome for the mother and baby and prevent any complications that may occur in pregnancy, labor delivery and post-partum.
 - c) Timely friendly simple safe service to a pregnant woman.
 - d) To emphasize on the woman's overall health.
5. Palpation to the abdomen of a pregnant woman is done to confirm:
 - a) The lie and the fetal presentation.
 - b) Engagement and flexion.
 - c) Denominator and lie.
 - d) Position and presentation.
6. The indication for first examination of the newborn is to assess for:
 - a) Birth injury, maturity and growth.
 - b) Congenital abnormality, injury and breastfeeding.
 - c) Maturity, APGAR score, and congenital abnormality.
 - d) Birth injury, maturity and congenital abnormality.
7. Normal labour averagely takes:
 - a) 18 hours
 - b) 24 hours
 - c) 8 hours
 - d) 6 hours
8. The role of the midwife during crowning of the head during second stage of labour is to:
 - a) Check the foetal heart rate
 - b) Flex the foetal head
 - c) Check for the cord around the neck
 - d) Assess for pelvic adequacy

- e) Uterosacral ligaments.
d) Broad ligaments.
9. The anterior-posterior diameter of the pelvic brim is measured from:
a) Centre of the sacral promontory to upper inner border of symphysis pubis.
b) Centre of the sacral promontory to lower border of the symphysis pubis.
c) One sacro-iliac joint to the iliopectineal eminence on opposite side.
d) Centre of the sacral promontory to the body of the pubic bone.
10. The name given to the functional part of the female lactating breast is:
a) The acini cells.
b) The lobes.
c) The lobules.
d) The oxytocin hormone

PART II: SHORT ANSWER QUESTIONS

(20

MARKS)

11. State five (5) muscles that make up the pelvic floor. **5 marks**
12. Explain the physiology of lactation. **5 marks**
13. State five (5) pillars of the maternal and newborn health model. **5 marks**
14. Outline five (5) functions of the cervix. **5 marks**

PART III: ESSAY/LONG ANSWER QUESTION

(20

MARKS)

15. The midwife must have an understanding of the female pelvis **6 marks**
a) Draw and label a diagram illustrating the landmarks of a Gynaecoid pelvis. **10**
b) Explain five (5) types of inherited female pelvis and their implication for a midwife. **marks**
c) State four (4) functions of the pelvis. **4 marks**

9. The number of pregnancies a woman has had regardless of the outcome is defined as:
- Parity
 - Gravid
 - Multiparity
 - Nulliparity
10. The WHO standard tool for monitoring and management of labor is:
- Nurses' cardex
 - Partograph
 - Admission register
 - Mothers' clinic booklet
11. During labor the frequency of uterine contractions is measured by:
- Number of contractions observed in 10 minutes.
 - Number of contractions observed in 30 minutes.
 - The time when one contraction starts to when the same contraction ends.
 - The time when one contraction starts to when the another contraction starts.
12. The immediate action the midwife should take after the delivery of the fetal head is to:
- Clear the airway.
 - Check for cord around the neck.
 - Wait for signs of restitution.
 - Hold the baby by the bi parietals.
13. One of the following aids in the uterine involution process:
- Contraction and relaxation.
 - Formation of a retraction ring and ischaemia.
 - Autolysis and ischaemia.
 - Breastfeeding and autolysis.
14. The best method of keeping the neonate warm is to:
- Keep the neonate skin to skin with the mother.
 - Cover baby with heavy cot blanket/towel
 - Cover baby with delivery pack towels
 - Ligate the umbilical cord to ensure circulation
15. The non-medical methods of pain relieve during labor include:
- Massaging the abdominal fundus in a smooth circular motion.
 - Back massage during a contraction and deep breathing.
 - Regular sips of water.
 - Provision of information about the progress.
16. The physiological events that occur in third stage of labor include:
- Separation, expulsion of placenta, control of bleeding.
 - Crowning, descent of placenta, expulsion of baby.
 - Separation of the placenta, controlled cord traction, control of bleeding.
 - Expulsion of placenta, examination of birth canal, control of bleeding.
17. One of the following is a physiological change in the cardiovascular system of the neonate:
- Persistency of the foramen ovale.
 - Closure of foramen ovale.
 - Formation of ductus arteriosus.
 - Closure of the tricuspid valve.

18. When making an individual birth plan the mother should consider.
- Birth companion, transport, delivery, facility.
 - Companion, previous delivery, transport.
 - Type of delivery, drugs, ambulation.
 - Birth companion, feeding programme, parity.
19. The aim of the second maneuver in abdominal palpation prenatally is to assess for:
- Engagement.
 - Striae gravidarum.
 - Foetal lie.
 - Foetal heart rate.
20. One of the following is a recommended routine antenatal screening test:
- Syphilis.
 - Gonorrhoea.
 - Trichomona vaginalis.
 - Helicobacter pylori.

SECTION II: SHORT ANSWER QUESTIONS

(40 MARKS)

- State five (5) gastrointestinal changes that occur during pregnancy. (5 marks)
- Explain three (3) barriers to effective antenatal care. (6 marks)
- State five (5) danger signs during pregnancy. (5 marks)
- Outline six (6) physiological changes in the first stage of labour under the subheading of uterine action. (6 marks)
- Outline three (3) signs of true labour. (3 marks)
- Explain two (2) methods for separation of the placenta. (5 marks)
- Explain the scoring scale used to assess the condition of the newborn at birth. (5 marks)
- State five (5) health messages to share with a mother on the subsequent care of a neonate before discharge from the postnatal ward. (5 marks)

SECTION III: LONG ANSWER QUESTIONS

(40 MARKS)

29. Madam X is a primigravida who has presented herself in labour ward with complains of lower abdominal pains radiating to the back that have lasted for the last 6 hours, the pain has increased in intensity and the membranes have ruptured and she is draining clear liquor.
- Define normal labour. (2 marks)
 - Explain three (3) indications of vaginal examination during the first stage of labour. (6 marks)
 - Describe the management of Mrs. X during the first stage of labor. (12 marks)
30. Baby J is a male neonate, has just been born at term via spontaneous vertex delivery with a birth weight of 3000gms.
- State five (5) characteristics of a normal neonate. (5 marks)
 - Outline three (3) physiological changes in the respiratory system of a neonate. (3 marks)
 - Describe the findings elicited on examination performed on baby J. (12 marks)

1. Lower uterine segment develops from the:
 - a) Fundus
 - b) Cornua
 - c) Isthmus
 - d) Corpus
2. The smallest fetal skull diameter measures
 - a) 9.2 cm
 - b) 7.5 cm
 - c) 8.2 cm
 - d) 9.5 cm
3. A woman who has never given birth to a viable baby is referred to as a
 - a) Primigravida
 - b) Primipara
 - c) Nullipara
 - d) Multipara
4. The fetal position that is most favourable for a normal spontaneous delivery is
 - a) Transverse position of shoulders
 - b) Vertex presentation
 - c) Breech presentation
 - d) Posterior position of fetal head
5. The external genitalia structure associated with carunculae myrtiformes is
 - a) Perineum
 - b) Vestibule
 - c) Hymen
 - d) Clitoris
6. Pelvic assessment is carried out as from
 - a) 24 weeks onwards.
 - b) Onset of labour.
 - c) 36 weeks onwards.
 - d) Conception onwards
7. The chorionic villi the secures the placenta on the decidua are known as
 - a) Anchoring villi
 - b) Nutritive villi
 - c) Chorion frondosum
 - d) Chorion laeve
8. The hormone responsible for milk ejection is:-
 - a) Prolactin
 - b) Progesterone
 - c) Oestrogen
 - d) Oxytocin
9. Warmth and pinkish appearance of the vagina results from:-

- a) Increased acidity
- b) Increased vascularity
- c) Decreased exudates
- d) Decreased elasticity

10. During pelvic assessment, evaluation of the outlet is based on

- a) State of intertuberous diameter and pubic arch.
- b) State of ischial spines and sciatic notches.
- c) State of bispinous and intertuberous diameters.
- d) State of coccyx and inferior pubic rami.

11. The area of the decidua, directly underneath the developing embryo is known as

- a) Parietalis
- b) Compactalis
- c) Basalis
- d) Capsularis

12. Abnormalities of the placenta include

- a) Tripartite, battledore and circumvallata
- b) Velamentous, fenestrata and percreta
- c) Succenturiate, chorioangioma and accrete
- d) Membranaceous, bipartite and fenestrata

13. The narrowest part of the uterine tube is

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

14. The region of the fetal skull bounded superiorly by orbital ridges and inferiorly by mentum is

- a) Vertex
- b) Face
- c) Brow
- d) Base

15. The aim of having the nipple and half of the areola within the baby's mouth is to

- a) Ensure best position
- b) Finish feed successfully
- c) Trigger sucking reflex
- d) Have baby relax

16. At 36 weeks, a normal fetus is expected to weigh

- a) 2000 gm
- b) 2500 gm
- c) 3000 gm
- d) 1800 gm

17. The relief experienced on maternal lungs two weeks prior to labour onset due to expansion of the lower uterine segment is collectively referred to as
- Engagement
 - Lightening
 - Descent
 - Flexion
18. The statement that BEST defines fetal lie is
- The relationship between the long axis of the fetus and the long axis of the uterus
 - The part of the presentation used when referring to the fetal position in the uterus
 - The relationship of the fetal head and limbs to its trunk
 - The part of the fetus which first lies at the pelvic brim
19. Which of the following statements best describes a term fetus?
- The baby, once it is mature enough to survive outside the womb.
 - The maternal tissue, plus the umbilicus and placenta.
 - The unborn offspring, from the end of the 8th week of conception until birth
 - The baby from 9 weeks gestation up to the first 7 days after delivery
20. One of the following statements is correct with regards to prolactin hormone:
- It's secreted by the posterior lobe of the pituitary gland.
 - It's the hormone responsible for the milk ejection reflex.
 - Its presence in high levels suppresses ovulation.
 - causes the myoepithelial cells within alveoli to contract.
21. One collective name given to the female external reproductive organs:
- Vault
 - Vulva
 - Fourchette
 - Vestibule.
22. One of the following statements is correct with regards to follicle stimulating hormone (FSH) & Luteinizing hormone (LH):
- FSH and LH are released from the anterior pituitary gland.
 - FSH and LH are secreted by the corpus luteum of the ovary
 - FSH and LH are secreted by the adrenal glands
 - FSH and LH stimulate the formation of milk during pregnancy.
23. A nurse is describing the process of fetal circulation to a client during a prenatal visit. The nurse accurately tells the client that fetal circulation consists of:
- Two umbilical veins and one umbilical artery.
 - Two umbilical arteries and one umbilical vein.
 - Arteries carrying oxygenated blood to the fetus.
 - Veins carrying deoxygenated blood to the fetus.
24. During a prenatal visit at 38 weeks, a nurse assesses the fetal heart rate. The nurse determines that the fetal heart rate is normal if which of the following is noted?
- 80 BPM
 - 100 BPM
 - 150 BPM
 - 180 BPM

A nurse is collecting data during an admission assessment of a client who is currently pregnant with twins. The client has a healthy 5-year-old child that was delivered at 37 weeks and tells the nurse that she doesn't have any history of abortion or fetal demise. The nurse would document the client as:

- a) Gravida 3, Para 2+0
 - b) Gravida 2, Para 3+0
 - c) Gravida 2, Para 1+1
 - d) Gravida 2, Para 1+0
26. The uppermost and largest bone of the pelvis is:
- a) Iliac crest
 - b) Ilium
 - c) Ischium
 - d) Obturator foramen
27. The Pelvis can be divided into how many areas?
- a) 8.
 - b) 6.
 - c) 10.
 - d) 9.
28. This is the region where the head of the femur fits into the pelvis:
- a) Acetabulum.
 - b) Obturator foramen.
 - c) Sacroiliac joint.
 - d) Pubic Tubercle.
29. For Question 29, indicate whether True (T) or False (F) regarding the pelvis:
- a) The function of the pubis is to provide protection to the urinary and reproductive organs:
 - a) Ischium is found below the acetabulum and behind the pubis.
30. One of the following statements is correct with regards to the male reproductive system:
- b) The testis forms a pouch in which the scrotum is located.
 - c) The testis produce and store testosterone.
 - d) Tunica vasculosa forms the outermost layer of the testis
31. The two thin hairless longitudinal folds on the external female genitalia are:
- a) Labia Majus.
 - b) Labia minus.
 - c) Fourchette.
 - d) Vestibule.
32. One of the following is correct with regards to the neighbouring structures of the vagina:
- a) Urinary bladder forms the anterior boarder.
 - b) Pouch of douglas forms the anterior boarder.
 - c) Cervix forms the inferior boarder.
 - d) Isthmus forms the anterior boarder.

33. For Question 33, match the following uterine supports (ligaments) in column A with their correct description in column B:

COLUMN A:

- a) Transverse cervical ligaments.
- b) Utero-sacral ligaments.

COLUMN B:

- i. Originates from the anterior aspect of the cervix.
- ii. Pulls the cervix forward.
- iii. Spreads from the posterior surface of the cervix, passes backwards, to be inserted to the sacrum.
- iv. Spreads out from the lateral aspect of the cervix to the side walls of the pelvis.
- v. Are formed from a double fold of the peritoneum draping over the uterine tubes.

34. In the menstrual cycle, at which point is a woman most fertile?

- a) Days 1-5.
- b) Days 9-16.
- c) Days 17-21.
- d) Days 22-28.

35. One of the following statements is correct regarding menstruation:

- a) In a normal 28 day menstrual cycle you would expect menstruation to last 6-9 days.
- b) During menstruation, the entire endometrium is shed.
- c) During menstruation, only the functional layer of the endometrium is shed, with the basal layer remaining intact.
- d) Absence of menstruation always indicates an active pregnancy.

36. The corpus luteum is responsible for producing one of the following hormones:

- a) Oestrogen.
- b) Progesterone.
- c) Follicle stimulating hormone.
- d) Luteinizing hormone.

37. Capacitation of the sperm:

- a) Is caused by the zona pellucida.
- b) Occurs in the male.
- c) Prevents polyspermy.
- d) Is essential for fertilization.

38. The early stages of cleavage are characterized by:

- a) Formation of a hollow ball of cells.
- b) Formation of the zona pellucida.
- c) Increase in the size of the cells in the zygote.
- d) Increase in the number of cells in the zygote.

39. During which stage do the three primary layers first appear?

- a) Blastulation.
- b) Neurulation.
- c) Fertilization.
- d) Gastrulation.

10. Mother's milk during lactation is rich in:

- a) IgA.
- b) IgG.
- c) IgM.
- d) IgE.

PART II: SHORT ANSWER QUESTIONS

40 MARKS

- 1. Draw a diagram of the cross-sectional view of the female lactating breast and label eight specific areas. 5marks
- 2. State four (4) functions of liquor amnii. 4 marks
- 3. Explain four (4) functions of the placenta. 8 marks
- 4. Outline five (5) pillars of the Kenya Maternal & Newborn health model. 5 marks
- 5. State four (4) changes expected during foetal development at 16 weeks. 4 marks
- 6. In the fetal skull, explain the three areas that make up the vault. 6 marks
*vertex
mentum
Brow*
- 7. Explain four (4) temporary structures in the fetal circulation and their functions. 8 marks

PART III: ESSAY/LONG ANSWER QUESTION

20 MARKS

Question One (1):

As an aspiring Reproductive Health practitioner, acquisition of basic knowledge in Midwifery is essential.

- a) Draw and completely label a diagram of the external female genitalia. 5 marks.
- b) State three (3) functions of the uterine tubes. 3 marks
- c) Describe four (4) types of inherited pelvis. 10 marks
- d) State two (2) hormones involved in the menstrual cycle and their role. 2 marks

4) Pillars
Family planning
FANC
Post abortion care
Neonatal care
Essential obstetric care.

(5) - Rapid skeleton ossification
- Present of meconium in gut
- Presence of swallowing reflexes
Primitive reflexes
Eye lids fuses.