

THE NATIONAL UNIVERSITY OF LESOTHO

BSC. NURSING AND MIDWIFERY EXAMINATION

NRS 5301 : COMPLICATIONS OF PREGNANCY AND LABOUR

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JANUARY, 2024

MARKS: 100

TIME: 3 HOURS

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**INSTRUCTIONS:**

1. Answer **all** questions.
2. Write neatly and legibly.
3. Number your answers correctly.
4. Start a new question on a new page.
5. This paper consists of **ten (10)** pages including the cover page.
6. Figures in brackets indicate marks allocated.

**QUESTION 1.**

**For the following multiple choice questions, select the most appropriate response.**

**Do not re-write the statements. E.g:- 1.30. A**

1.1 Which aspect leads to effacement and cervical Os dilataion?

- A. Brixton hicks.
- B. Hormonal effects.
- C. Musculature of the pelvic floor.
- D. Myometrial activity.

1.2 Production of prostaglandin causes:

- A. Decreased oxytocin and platelet activating factor.
- B. Decrease in oestrogen and oxytocin
- C. Increased in progesterone and oxytocin.
- D. Rise in oestrogen and oxytocin.

1.3 During advanced labour, nausea and vomiting occurs due to maternal \_\_\_\_\_ .

- A. Acidosis.
- B. Alkalosis.
- C. Halitosis
- D. Ketosis.

1.4 \_\_\_\_\_ causes an increase in the white cell count during labour and early post partum period.

- A. Basophils
- B. Eosinophils.
- C. Erythrophils.
- D. Neutrophils.

1.5 Which of the following statements is true about restitution?

- A. Aids crowning.
- B. Increases flexion of the head.
- C. Reduces the incidence of shoulder dystocia.
- D. Reduces internal rotation of the shoulders.

1.6 Oxytocin affects \_\_\_\_\_ levels in blood.

- A. Calcium.
- B. Glucose.
- C. Iron.
- D. Potassium.

1.7 Which enzyme breaks the collagen fibers in the cervix?

- A. Amylase.
- B. Catalase.
- C. Elastase.
- D. Hydrolase.

1.8 Presence of a companion in labour helps to enhance labour progress by:

- A. Assisting with labour activities required for the woman.
- B. Observing the midwives' attitudes.
- C. Preventing ill treatment.
- D. Providing security and alleviate anxiety to the laboring woman.

1.9 Lambda that is palpated at the right iliopectineal eminence during vaginal examination is suggestive of \_\_\_\_\_ position.

- A. Left occipitoanterior.
- B. Left occipitoposterior.
- C. Right occipitoanterior.
- D. Right occipitoposterior.

- 1.10 The denominator in face presentation is:
- A. Acromion process
  - B. Mentum.
  - C. Sacrum.
  - D. Sinciput
- 1.11 Which risk is associated with multiple pregnancy that the midwife should guard against during labour and childbirth?
- A. Haemorrhage
  - B. Placenta abruption.
  - C. Placenta previa.
  - D. Uterine rupture.
- 1.12 During the acme of the contraction, the foetal pH is :
- A. Constant.
  - B. Increased.
  - C. Fluctuating.
  - D. Reduced.
- 1.13 What is the attitude in Brow presentation?
- A. Abduction.
  - B. Complete extension.
  - C. Flexion.
  - D. Half way between flexion and extension.
- 1.14 Immediately after childbirth, prolactin secretion \_\_\_\_\_ .
- A. Decreases.
  - B. Increases.
  - C. Is absent.
  - D. Remains constant.

- 1.15 Failure of diuresis leads to:
- A. Brain damage.
  - B. Cardiac problems.
  - C. Hepatic problems.
  - D. Kidney failure.
- 1.16 Pain during the second stage of labour is due to:
- A. Distention of the vagina and perineum.
  - B. Expulsion of the placenta.
  - C. Stretching of the lower uterine segment.
  - D. Uterine contractions.
- 1.17 The synthesis of prostaglandins E<sub>2</sub> and F is stimulated by which hormone?
- A. Adrenocorticotrophic hormone.
  - B. Corticotropin –Releasing Hormone.
  - C. Oestrogen.
  - D. Progesterone.
- 1.18 \_\_\_\_\_ diameter is the one presenting in complete breech.
- A. Biacrominal.
  - B. Bitrochandric.
  - C. Bispinuous.
  - D. Submentobregmatic.
- 1.19 An increase in \_\_\_\_\_ causes polyuria during labour.
- A. Cardiac output.
  - B. Diastolic blood pressure.
  - C. Heart rate.
  - D. Systolic blood pressure.

1.20 Which of the following is a method of placental delivery?

- A. Controlled Cord Traction.
- B. Manual aspiration.
- C. Matthew's Duncan.
- D. Schultze.

1.21 Intramuscular oxytocin is administered after:

- A. Birth of anterior shoulder.
- B. Complete childbirth.
- C. Exclusion of additional baby.
- D. Expulsion of the placenta.

1.22 The first priority in the immediate care of the newborn is:

- A. Heart rate.
- B. Respiration.
- C. Oxygen saturation.
- D. Warmth.

1.23 The following are risk factors predisposing the woman to an episiotomy **except:**

- A. Flatal incontinence.
- B. Lithotomy position.
- C. Occipito-posterior position
- D. Sustained breath holding during second stage pushing.

1.24 \_\_\_\_\_ is the management of type 1 primary cervical dystocia.

- A. Cervicotomy.
- B. Elective caesarean section.
- C. Epidural analgesia
- D. Relaxation exercises.

- 1.25 Moulding of grade 2+ is when the skull bones are:
- A. Touching each other.
  - B. Not touching.
  - C. Overlapping but can be separated with digital pressure.
  - D. Overlapping but cannot be separated with digital pressure.

**Total marks = 25**

**QUESTION 2.**

**2.1 Indicate whether the following statements are TRUE or FALSE with a rationale without re-writing the statements.**

**E.g: TRUE. Newborns are identified at birth to avoid exchange of babies.**

- 2.1.1 Sustained uterine massage during the management of the third stage of labour is indicated together with oxytocin administration.
- 2.1.2 During Controlled Cord Traction, counter traction pressure is mandatory for placental delivery.
- 2.1.3 Maternal and infant health nutrition outcomes can be improved with immediate clamping and cutting of the cord.

**[6]**

**2.2 Describe any two (2) contributing factors to precipitate labour.**

**[4]**

**Total marks = 10**

### QUESTION 3.

Refer to figure 1 to answer questions 3.1 to 3.6.

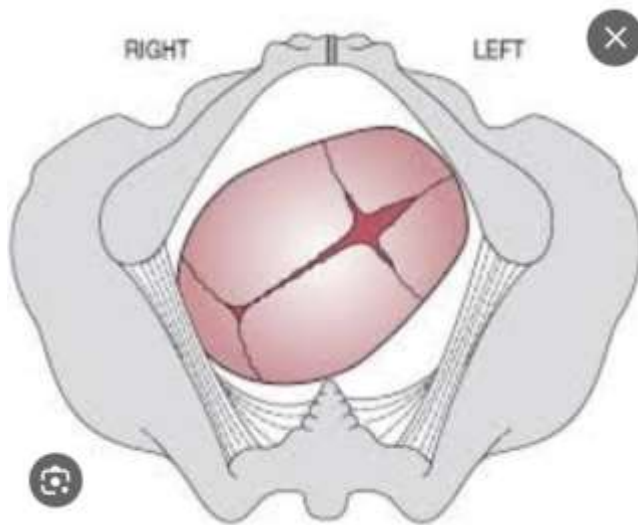


Figure 1.

- 3.1 Mention **three (3)** parts of the fetal head you would feel during vaginal examination of figure 1. [3]
- 3.2 What is the attitude and position of the foetus? [2]
- 3.3 During labour how much does the occiput rotate in the position mentioned in 3.2 above? [1]
- 3.4 Which **two (2)** diameters are presenting? [2]
- 3.5 What could be the obstetrical cause of the position mentioned in 3.2? [1]
- 3.6 Mention **one (1)** possible fetal complication due to the position mentioned in 3.2. [1]

**Total marks = 10**



#### **QUESTION 4.**

**Read the scenario below and respond to questions 4.1 to 4.5 .**

Lerato, a student midwife inserted an intravenous solution of Glucose 5% to Mrs Lejoe who was in labour as the glucose requirements during labour needs to be increased. Also this serves as part of hydrating Mrs Lejoe.

- 4.1. Do you think Lerato used the right solution? Support your answer with **three (3)** points? [4]
- 4.2. What type of solution is glucose? [1]
- 4.3. Why do you have to do urinalysis for Mrs Lejoe? [1]
- 4.4. If Mrs Lejoe is starved and there is no glucose uptake during labour what is going to happen? And what will be the end results? [2]
- 4.5. Outline any **two (2)** signs and symptoms of severe maternal ketoacidosis. [2]

**Total marks = 10**

#### **QUESTION 5.**

- 5.1 How can a midwife assist the woman in labour to relax?  
Consider any **four (4)** interventions. [4]
- 5.2 Explain how progesterone inhibits uterine contractions. [2]
- 5.3 Describe any **four (4)** rights for a labouring woman. [4]

**Total marks = 10**

#### **QUESTION 6.**

You are reporting on duty and your colleague gives you the handover report that Mrs Leihlo has given birth 5 minutes ago to the healthy baby boy. You now need to continue assisting Mrs Leihlo to complete the birthing process.

- 6.1 At which stage of labour is Mrs Leihlo? [2]
- 6.2 Describe the phases of this stage. [8]

**Total marks = 10**

### **QUESTION 7.**

Post-partum haemorrhage (PPH) is one of the major leading causes of maternal mortality globally. It can be due to several factors such as uterine rupture.

- 7.1 Describe the intranatal preventive measures for postpartum haemorrhage. Consider any **four (4)** interventions. [4]
- 7.2 Formulate **one (1) actual nursing diagnosis** for a client who had postpartum haemorrhage within a day post childbirth. [3]
- 7.3 What will be the **four (4)** interventions for the nursing diagnosis mentioned in 7.2 above? [4]
- 7.4 Describe any **two (2)** types of uterine rupture. [4]

**Total marks = 15**

### **QUESTION 8.**

- 8.1 Describe any **five (5)** categories of disrespectful care and abuse for woman in labour. [5]
- 8.2 Outline any **five (5)** components of care to be implemented for a positive experience during labour and delivery [5]

**Total marks = 10**