EXAM NO----------

AND MIDWIFERY COUNCIL OF ZAMBIA

(The Nurses and Midwives Act No. 10 of 2019)

COMPETENCE EXAMINATION FOR DIPLOMA IN NURSING

INTEGRATED REPRODUCTIVE HEALTH

P4

DATE: 23RD MAY, 2024

TIME: 09.00 – 12.00 HOURS

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EXAM NO----------

INSTRUCTIONS TO CANDIDATES

1. Write your examination number on the top right-hand corner of each page and on the front cover of the booklet.
2. Answer all questions in **SECTION A, B** and **C** in the examination booklet as instructed. (Each question carries one (1) mark).
3. **SECTION D** – Answer Two (2) questions only from this part. Each question is 100 marks). Essay question number one (1) is **COMPULSORY.**
4. Ensure that all page numbers inside the booklet are correct.
5. Begin a new essay on a new sheet of paper and write on both sides of the paper.
6. **DO NOT** write beyond the margins.
7. Name of the institution and candidate **MUST NOT** appear in the answer booklet.
8. On the front cover of the answer booklet, indicate the number of the essay questions attempted in the space provided.
9. Do not use pencil **EXCEPT** for diagrams
10. **NO** form of identity or mark, other than the examination number, should appear in the answer booklet.
11. **DO NOT** detach the examination booklet.
12. **DO NOT** attach anything to the examination booklet.
13. **MOBILE PHONES** or **ANY ELECTRONIC DEVICES** are **NOT** allowed in the examination room.
14. **Involvement in ANY form of examination malpractice will warrant disqualification from the examination.**
15. **Failure to follow any of the above instructions will warrant disqualification from the examination.**

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EXAM NO----------

SECTION A: MULTIPLE CHOICE QUESTION

FOR EACH OF THE FOLLOWING QUESTIONS CHOOSE THE LETTER CORRESPONDING WITH THE MOST APPROPRIATE ANSWER AND WRITE IN THE ANSWER BOOKLET.

ONE (1) MARK EACH.

1. The interstitial portion of the fallopian tube measures approximately...
   a) 6 mm
   b) 2.5 mm
   c) 1 mm
   d) 3 mm
2. During pregnancy, the size of the uterus increases from 7.5 X 5 X 2.5cm to...
   a) 8 X 6 X 3cm
   b) 7 X 4 X 2cm
   c) 30 X 23 X 20cm
   d) 20 X 23 X 15cm
3. The increased activity of melanin stimulating hormone during pregnancy causes deeper pigmentation on the woman's face called...
   a) Linea nigra
   b) Straie gravidarum
   c) Secondary Areola
   d) Chloasma
4. The stage of labour in which full cervical dilatation occurs is...
   a) First
   b) Second
   c) Third
   d) Fourth
5. The duration of 1st stage of labour in prime gravida women range between...
   a) 5 to 8 hours.
   b) 6 to 9 hours.
   c) 8 to 13 hours
   d) 10 to 14 hours
6. A pregnant woman presenting to the hospital with haemoglobin level of six grams per decilitre must be given...
   a) Haematinics
   b) Presumptive treatment of malaria
   c) Blood transfusion
   d) Health education on diet

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7. The effects of anaemia in pregnancy on the fetus is...
   a) Prematurity.
   b) Puerperal sepsis.
   c) Renal failure.
   d) Venous thrombosis.
8. A new born baby, less than one month old is called...
   a) Fetus
   b) Infant
   c) Child
   d) Neonate
9. The staff at a basic emergency obstetric and neonatal care facility must include...
   a) Midwives, nurses with midwifery skills and support staff.
   b) Doctors, clinical officers, anesthetists, midwives, nurses and support staff.
   c) Nurses and support staff.
   d) Clinical officers, anesthetists and midwives.
10. The vascular structure inside the pregnant uterus supplying the fetus with nourishment is the...
   a) Decidua.
   b) Blastocyst.
   c) Placenta.
   d) Embryonic plate.
11. Which period of gestation does the 1st trimester represent?
   a) 1-12 weeks
   b) 1-10 weeks
   c) 1-11 weeks
   d) 1-13 weeks
12. At 30 weeks gestation where would you expect to palpate the uterine fundus?
   a) Umbilicus
   b) Halfway between xiphisternum and umbilicus
   c) Symphysis pubis
   d) Xiphisternum
13. Another term for pregnancy is...
   a) Conception
   b) Fertilization
   c) Parturition
   d) Gestation

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14. An abnormally adherent placenta into the perimetrium of the uterus is...
    a) Placenta percreta
    b) Placenta increta
    c) Placenta accreta
    d) Placenta praevia
15. When the cord is found lying in front of the presenting part and the membranes have ruptured on vaginal examination it is called?
    a) Cord presentation
    b) Occult cord prolapse
    c) Cord prolapse
    d) Cord pulsation
16. Physiological anaemia in pregnancy occurs as a result of...
    a) Poor dietary standards
    b) Poor sanitation
    c) Increased blood cells
    d) Increased plasma volume
17. The inflammation of the uterus is called...
    a) Endometrium
    b) Endometriosis
    c) Endometritis
    d) Salpingitis
18. The process by which the products of conception are expelled from the birth canal after 28 weeks of gestation is known as...
    a) Abortion
    b) Labour
    c) Normal labor
    d) Preterm labor
19. The area of the uterus where the fallopian tubes are inserted is known as...
    a) Cornua
    b) Corpus
    c) Fundus
    d) Isthmus
20. The muscle layer of the uterus which makes up the chief bulky of the uterus during the period of active sexual life is the...
    a) Endometrium
    b) Myometrium
    c) Perimetrium
    d) Outer layer

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21. The trophoblast develops into the...
    a) Embryonic disc
    b) Amnion
    c) Chorion
    d) Blastocyst
22. How does the component of Adolescent health and development empower adolescents/youths?
    a) By equipping them with life skills
    b) By involving them in giving health education
    c) By telling them to become peer educators
    d) By giving them loans to start businesses
23. The deliberate collaboration among various stakeholder groups to jointly achieve a policy outcome is referred to as...
    a) Multidisciplinary approach
    b) Community participation
    c) Multidimensional approach
    d) Multi-sectoral approach
24. It is important to involve both men and women in many aspects of IRH programmes in order to...
    a) Promote responsibility, caring attitudes and behavioural change for the benefit of all
    b) Promote love and care among couples for the benefit of all
    c) Prevent abuse of pregnant women
    d) Minimize sexually transmitted diseases
25. To determine presentation, one must perform...
    a) Abdominal palpation.
    b) Pelvic palpation.
    c) Fundal palpation.
    d) Lateral palpation.
26. The principle that requires that information is presented to the patient in a language that they understand is...
    a) Community participation
    b) Confidentiality
    c) Informed consent
    d) Privacy

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27. The component of reproductive health that ensures the provision of appropriate services for overcoming barriers to the achievement of reproductive intentions is...
    a) Family planning
    b) Abortion
    c) Maternal health
    d) Infertility
28. One of the aims of management of 3rd stage of labour is to...
    a) Deliver a live infant
    b) Treat risky medical conditions
    c) Deliver a complete placenta
    d) Confirm labour
29. Which one of the following is a danger sign of pregnancy?
    a) Epigastric pain
    b) Fainting episodes
    c) Headache
    d) Varicose veins
30. The effects of anaemia in pregnancy on the fetus is...
    a) Renal failure.
    b) Venous thrombosis.
    c) Puerperal sepsis.
    d) Prematurity.
31. Absolute contraindications for induction of labour include...
    a) Cephalopelvic disproportion.
    b) Breech presentation.
    c) Multiple pregnancy.
    d) Intrauterine fetal death.
32. The assessment for cervical ripening is done using...
    a) Apgar score.
    b) Naegele's rule.
    c) Bishop score.
    d) Membrane sweep.
33. The traumatic causes of post-partum haemorrhage include...
    a) Atonic uterus.
    b) Cervical tear.
    c) Full bladder.
    d) Retained placenta.

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34. Monitoring of the fetal heart rate during labour can be done by using a...
    a) Kick chart.
    b) Abdominal ultra sound.
    c) Palpation.
    d) Pinard stethoscope.
35. Pain and cramping during menstruation resulting from non-organic causes is called...
    a) Primary amenorrhea.
    b) Secondary amenorrhea.
    c) Primary dysmenorrhea.
    d) Secondary dysmenorrhea.
36. Midline caesarian section can also be called...
    a) Classical caesarian section.
    b) Transverse caesarian section.
    c) Pfannenstiel caesarian section.
    d) Maynard's caesarian section.
37. Mwangala Lubinda, a pregnant woman, keeps spitting in a container she moves around with. This minor disorder is called...
    a) Pica.
    b) Ptyalism.
    c) Chloasma.
    d) Hyperemesis.
38. Concerning the placenta, the blood vessels in the umbilical cord include...
    a) One artery and two veins.
    b) One artery and one vein.
    c) Two arteries and one vein.
    d) Three veins.
39. When lightening occurs, the presence of the fetal head in the pelvis may give rise to...
    a) Frequency of micturition.
    b) Shortening of the cervix.
    c) Softening of the cervix.
    d) Urine retention.
40. The duration of labour is calculated from the time when...
    a) The membranes rupture.
    b) Backache is experienced.
    c) Regular contractions begin.
    d) Show is present.

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41. In labour frequent emptying of the bladder is encouraged to...
    a) Prove that the woman can pass urine
    b) Prevent delay in progress of labour
    c) Prevent perineal tear
    d) Challenge the woman
42. Monitoring of the fetal condition in labour is done by assessing...
    a) Descent
    b) Contractions
    c) Blood pressure
    d) Liquor amni
43. Ergometrine is contraindicated in management of third stage of labour in women with...
    a) Hypertension
    b) Dyspnoea
    c) Diabetes
    d) Anaemia
44. Return of the uterus and other structures to its pre- gravid state after delivery is called...
    a) Auto digestion
    b) Autolysis
    c) Implantation
    d) Involution
45. Autolysis can also be referred to as...
    a) Diuresis
    b) Hyperplasia
    c) Hypertrophy
    d) Self-digestion
46. The type of lochia discharged from the vaginal orifice from the 5th to 10th day postnatal is called...
    a) Haemorrhage
    b) Lochia alba
    c) Lochia serosa
    d) Lochia rubra
47. Termination of pregnancy is legally authorized when...
    a) The mother does not like appearance as a pregnant woman
    b) The life of the mother is at risk
    c) Both man and woman are below 16 years of age
    d) The woman is above 25 years of age

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48. Profiling in family planning counseling is done by...
    a) Grouping clients according to parity
    b) Grouping clients according to reproductive goals
    c) Grouping clients to their preferred method
    d) Grouping clients according to career goals
49. Moulding is said to be excessive when it is...
    a) Four plus
    b) Three plus
    c) Two plus
    d) One plus
50. Considering the current minimum antenatal contacts of eight, how many contacts are scheduled in the third trimester?
    a) Two
    b) Three
    c) Four
    d) Five

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SECTION B: MATCHING QUESTIONS:

ALL RESPONSES IN COLUMN II SHOULD BE USED ONCE ONLY.

Match the following vulvovaginal infections in Column I with their treatment in Column II

	Column I	Column II
51.	-----Condylomata acuminata	A. Clindamycin
52.	-----Vaginal candidiasis	B. Marsupialization
53.	-----Bacterial Vaginosis	C. Oestrogen creams
54.	-----Herpes Genitalis	D. Podophyillin
55.	-----Bartholin's Abscess	E. Cyclophosphamide
		F. Nystatin pessaries
		G. Acyclovir

Match the family planning methods in Column I with their mode of action in Column II

Column I	Column II
56. -----Oral contraceptives	A. Inhibits sperm from ascending the birth canal following ejaculation.
57. -----Mechanical	B. Slowly release hormones into the bloodstream over a long period.
58. -----Implants	C. Blocks the tubes to prevent fertilization.
59. -----Barrier	D. Inhibit production of follicle stimulating and luteinizing hormones.
60. -----Permanent	E. Depends on the presence or absence of watery cervical mucus.
	F. Interfere with implantation and can even damage the sperm.
	G. Require abstinence during the time when an egg is available for fertilization.

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Match the concepts in Column I with the appropriate statements in Column II.

Column I	Column II
61.-----Gender analysis	A. It is a socio phenomenon in which people are not treated equally on the basis of gender.
62.-----Gender inequality	B. Is the state of equal ease of access to resources and opportunities regardless of gender.
63.-----Gender inaquality	C. The analysis of methods used to understand the relationship between men and women, their access to resources
64.-----Gender blind policy	D. Refers to the socially constructed roles, behaviours, expressions and identities of girls, women, boys, men and gender diverse people.
65.-----Gender	E. It is based on information derived from man's activities and/or assume those affected by the policy have the same needs and interest
	F. Ability to view society from the perspective of gender roles and understand how this affects women's needs in comparison of men.
	G. Equal rights to all health facilities

Match the following minor disorders of pregnancy in Column I with their probable cause in Column II

Column I	Column II
66.-----Constipation	A. Large amounts of oestrogen the body
67.-----Heart burns	B. Dilatation of the uterus and stasis of urine.
68.-----Haemorrhoids	C. Pressure from the uterus on the bladder
69.-----Ptyalism	D. Pelvic bone mobility
70. -----Frequency of micturition	E. Decreased gastric mobility
	F. Loss of tone of gastro-intestinal tract
	G. Pressure from the uterus on the pelvic veins

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SECTION C: COMPLETION

COMPLETE THE FOLLOWING SENTENCES WITH THE MISSING WORD(S) AND WRITE YOUR ANSWER IN THE ANSWER BOOKLET.

71. The pregnancy which continues for over 294 days (42weeks) from the first day of the last menstrual period or 280 days from conception is called----------

72. The condition peculiar to pregnancy in which the quantity of amniotic fluid exceeds 1500mls is called---parurtum haemorrhage----------

73. Premature separation of a normally situated placenta from its uterine attachment occurring after 28th week of pregnancy is called----------

74. The total loading dose for magnesium sulphate is ----------

75. The abnormal communication between the rectum and the vagina is called----------
---fistula----------

76. Excessive or prolonged menstrual bleeding lasting longer than 7 days is called -------
----

77. Vaginal examination should be performed when membranes rupture to exclude-------
----

78. The cervical cancer staging that depicts the spread of cells from the lower portion of the vagina to the pelvic side walls is called---Stage 3----------

79. The permanent ceasation of menses for at least one year in a woman who is not pregnant is called----------

80. A personal decision made by an individual or a couple on the appropriate number of children they wish to have, and when to have children is called----------
----

81. A severe form of mental illness occurring in the postnatal period is called----------
---PP SH parurtum blus----------

82. The supervision and management offered to a pregnant woman from confirmation of conception to the beginning of labour is called----------

83. The thin lubricating alkaline fluid that helps sperm motility and neutralizing the acid in the male's urethra is produced by the ----------

84. The lozenge-shaped area extending from the Mons veneris to the Perineal body is called----------

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85. Grouping clients according to their reproductive needs during a family planning counselling session is called----------
86. The Government did not view family planning as necessary because Zambia was seen to be----------
87. Discussing family planning with adolescents and unmarried people in Zambia was viewed as ----------
88. The targeted priority groups for Family Planning services include HIV positive mothers, ----------and ----------
89. The vital part of family planning which helps the client to arrive at an informed decision of reproductive options and to use the chosen method safely and effectively is called----------
90. The triangular area that lies within the boundaries of the vaginal, the rectal canal and the tuberosities is called----------
91. After the woman has given birth she may be left with remnants of the hyme called - ----------
92. The surgical cutting and sealing of part of each vas deferens, typically as a means of sterilization is called----------
93. Artificial rupture of membranes is called----------
94. Post-partum haemorrhage occurring within twenty-four hours after delivery is called ----------
95. Fibroids occurring on a long stalk on the outside or inside of the uterus are called --- ----------
96. The microscopic examination of cells scraped from the opening of the cervix is referred to as ----------
97. The medical test in which iodine solution is applied to the cervix in order to diagnose cervical cancer is referred to as----------
98. The type of biopsy where surgery is used to remove a larger section of tissue is called- ----------
99. The elimination of the thickened lining of the uterus from the body through the vagina is called----------
100. A blowing murmur synchronous with the maternal pulse as a result of the increased blood flow during pregnancy is called ----------

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SECTION D – ESSAY

THE SECTION HAS THREE (3) ESSAYS. YOU ARE REQUIRED TO ANSWER TWO (2) ESSAYS FROM THE SECTION. EACH QUESTION CARRIES 100 MARKS

QUESTION ONE (1) IS COMPULSORY

1. Ms Carol Halubobya, a 25-year-old student wishes to conceive. You've been assigned to help her understand fertilization and pregnancy.
   a) Define menstrual cycle 5 %
   b) Explain the four (4) phases of the menstrual cycle 20 %
   c) Describe the physiological changes that can occur to Ms. Carol if she gets pregnant under the following headings;
      i. Reproductive system 15%
      ii. Cardiovascular system 10%
      iii. Endocrine system 5%
      iv. Urinary system 5%
      v. Gastro intestinal system 5%
      vi. Skeletal system 5%
      vii. Integumentary system 5%
   d) Explain any five (5) minor disorders of pregnancy and explain how they can be managed. 25%

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2. Mrs. Leah Chileshe a primigravida was admitted to a postnatal ward after a spontaneous vaginal delivery of a live male infant with birth weight of 3.5 kg. She has come to your clinic after six weeks.

   a) State five (5) aims of post-natal care 15%

   b) Explain any five (5) instruments or equipment needed to carry out a post-natal examination 10%

   c) Describe the full post-natal examination you will carry out on;

      i. Baby Chileshe 15%

      ii. Mrs. Chileshe 35%

   d) Explain five (5) points you would include in your Information, Education and Communication (IEC) to Mrs. Chileshe for her to have a healthy post-natal period 25%

3. Mrs. Mubita aged 27 years para 3 gravida 4 was admitted to the labour ward this morning at 0800 hours. She gave history of labour pains since 02:00 hours and noticed show around 0600 hours. On examination presentation was vertex and cervical dilatation was 8cm. at 10:00 hours she progressed well and delivered a mature male baby with an Apgar score of 9/10.

   a) Explain the stages of labour 15%

   b) Describe the physiological changes during the third stage of labour 30%

   c) Describe the management of Mrs. Mubita during the third stage of *labour* 45%

   d) List five (5) danger signs during labour. 10%

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