



Answer The Following Questions:

I- Define the Following Terms: (Total 10 Marks)

1- Proliferative Phase in menstruation:

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2- Primary Post-Partum Hemorrhage:

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3- Premenstrual syndrome (PMS):

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4- Schultze's Mechanism:

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5- Evaporation:

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**II- probably the Following Questions and Choose the Best Answer:
(4 Marks)**

1. Ampulla is that portion of the fallopian tubes which:

- a. Lies within the uterine wall and has the smallest lumen.
- b. Is cut in the tubal ligation.
- c. Is the longest portion where the fertilization usually occurs.
- d. Is funnel-shaped and covered by fimbriae.

2. The normal position of the uterus with empty bladder is:

- a. Anteversion
- b. Retroversion.
- c. Retroflexion.
- d. Anteversion.

3. A nurse who is reviewing the anatomy and physiology of the maternal part of the uterus is changed in length and softness during labor is:

- a. Decidua
- b. Cervix
- c. Fundus
- d. Vagina & capsularis

4. Ovulation occurs:

- a. Before the proliferative phase of the uterine cycle.
- b. With the beginning of the secretory phase of the uterine cycle.
- c. After the luteal phase of the ovarian cycle.
- d. After the secretory phase of the uterine cycle.

5. At the beginning of the luteal phase, the graafian follicle ruptures to form the corpus luteum which:

- a. Reaches its peak of functional activity at the 14th day after ovulation.
- b. Its secretion of estrogen and progesterone levels drop after fertilization.
- c. Its function is taken by the placenta immediately after pregnancy.
- d. Continues to develop and function till the 5th month of pregnancy.



٧. Quickening means:

- a. Fetal movement felt by the mother
- b. Fetal movement felt by the examiner.
- c. Fetal heart beat heard by the examiner.
- d. Fetal parts felt by the examiner.

٧. In pregnancy, the uterus weight increases:

- a. From ١٠ gm. to ٣٠٠ gm.
- b. From ٧٠ gm. to ١١٠٠ gm.
- c. From ٨٠ gm. to ٩٠٠ gm.
- d. From ٤٠ gm. to ٢٠٠ gm.

8. While reviewing results for a client at ٢٠ weeks gestation, the nurse notes her hemoglobin (Hb) level has decreased from ١٣ to ١٠ g/dl. The most likely explanation for this decrease is:

- a. Hemodilution related to increased maternal blood volume.
- b. Irregular use of prenatal vitamins.
- c. Indication of a hemolytic disease.
- d. Internal bleeding.

9. Which statement regarding physiologic changes in the GI system during Pregnancy is accurate?

- a. Nausea is related to high levels of relaxin and estrogen early in pregnancy.
- b. Gums bleed easily because of high levels of of human chorionic gonadotropin.
- c. Demineralization of teeth occurs when calcium intake is insufficient
- d. Delayed emptying of the stomach contributes to many GI symptoms.



10. A pregnant woman comes to the clinic complaining of nasal stuffiness. Nasal stuffiness during pregnancy is caused by:

- a. Human chorionic gonadotropin (hCG).
- b. Increases cardiac output.
- c. Progesterone.
- d. Estrogen.

11. Which hormone stimulates the development of the ovum?

- a. Follicle-stimulating hormone (FSH).
- b. Human chorionic gonadotropin (hCG).
- c. Luteinizing hormone (LH).
- d. Gonadotropin-releasing hormone (GnRH).

12. A connective tissue that lies between the vulva and the anus which undergoes extensive stretching during birth is called:-

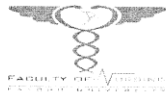
- a. Perineum
- b. Peritoneum
- c. Vestibule
- d. Clitoris

13. The interval between ovulation and menstruation is normally:

- a- 21 ± 2 days
- b- 28 ± 2 days
- c- 14 ± 2 days
- d- 31 ± 2 days

14. A pregnant mother tells the nurse her last period was May 18 to 24. The nurse uses Nagele's rule to compute the pregnant mother's expected date of birth. What is the correct date of birth?

- a. February 11 (of the next year)
- b. February 18 (of the next year)
- c. February 20 (of the next year).
- d. February 21 (of the next year)



15. Effacement is a term used to describe:

- a. Dilatation of the cervix
- b. Thickening of the cervix
- c. Elongation of the cervix
- d. Shortening of the cervix

16. When lightening occurs late in pregnancy. The pregnant woman would experience:

- a. Shortness of breath and increased amounts of vaginal discharge.
- b. Shooting leg pains and shortness of breath.
- c. Decreased amounts of vaginal discharge, and urinary frequency.
- d. Urinary frequency and relief from shortness of breath.

17. Complete involution of the uterus involves the processes of:

- a. Sealing the area where the placenta is implanted.
- b. Decreasing the uterine weights to 60 gm.
- c. Palpating the fundal height at the level of the symphysis pubis.
- d. Locating the position of the uterus on the midline.

18. While making assessment to a postpartum client on day 10, the nurse would anticipate that the client's lochia would be which of the following colors ?

- a. Dark red.
- b. Pink.
- c. Brown.
- d. White.

19. A client is in the third stage of labor. Which finding indicates placental separation?

- a. Increased maternal anxiety.
- b. Severe rectal pressure.
- c. Increased bloody show
- d. Umbilical cord lengthening



20. After completing a second vaginal examination of a client in labor, the nurse-midwife determines that the fetus is in the right occiput anterior position and at +1 station. Based on these findings, the nurse-midwife knows that the fetal presenting part is:

- a. 1 cm below the ischial spines.
- b. Directly in line with the ischial spines.
- c. 1 cm above the ischial spines.
- d. No relationship to the ischial spines.

21. In most instances, if labor has not spontaneously occurred by 24 hours after membrane rupture and pregnancy is at term, labor is induced to the risks.

- a. Intrauterine infection and prolapsed of the umbilical cord.
- b. Dry labor and intrauterine infection.
- c. Fetal anomalies and prolapsed of the umbilical cord.
- d. Prolonged labor and fetal trauma.

22. The nurse during labor and delivery could help in preventing infection by:

- a. Performing frequent vaginal exam.
- b. following strict aseptic technique.
- c. frequent changing of women's sanitary pads.
- d. Keeping the delivery tools and equipment sterile.

23. A postpartum client is complaining of after-pain in the first three postpartum days. The nursing intervention would include:

- a. Assure the woman that this type of discomfort is normal.
- b. Avoid using any type of analgesic drug.
- c. Use heat bag on the lower part of the abdomen.
- d. Inform the physician immediately.



24. To prevent breast engorgement in a client who is breast-feeding her newborn baby, the nurse would instruct the client to:

- a. Encourage the newborn to suck at the breast.
- b. Apply cold compresses to the breasts 3 to 4 times a day.
- c. Restrict fluid intake.
- d. wash down breasts daily with clear water then dry them with a soft towel.

25. The event that midwife can expect to occur during the 3rd stage of labor include:

- a. Descent, flexion, internal rotation, extension & external rotation.
- b. Flexion, descent, internal rotation, extension
- c. Flexion, extraction, external rotation.
- d. Internal rotation, flexion, external rotation, descent.

26. Apgar scoring evaluates:

- a. Heart rate, respiratory rate, color, blood pressure, & temperature.
- b. Heart rate, respiratory effort, muscle tone, reflex irritability, & color.
- c. Respiratory rate, blood pressure, reflex irritability, muscle tone, & temperature.
- d. Temperature, heart rate, color, muscle tone, & blood pressure.

27. Active acceleration phase is part of the:

- a. First stage of labor.
- b. Second stage of labor.
- c. Third stage of labor.
- d. Fourth stage of labor.

28. Which of the following signs isn't a sign of true labor:-

- a. bloody show
- b. painful uterine contractions
- c. lightening
- d. rupture of membrane



29. During pregnancy, the client asks the nurse, what the chloasma means, the nurse give answer which is:

- a. Stretch mark at the abdomen.
- b. Darkening pigmentation of the skin such as linea nigra
- c. Dark patches or spots on the face
- d. Pigmentation of an old scar

30. Up to 36 weeks gestation prenatal visits should be scheduled every _____ week

- a. 2
- b. 1
- c. 3
- d. 4

31. The female internal reproductive organs include:

- a. Ovaries, fallopian tubes, clitoris
- b. Ovaries, vestibule, Bartholin's gland
- c. Fallopian tubes, ovaries, vagina.
- d. Fallopian tubes, uterus, vagina and ovaries

32. Nursing assessment during routine antenatal visits includes, urine analysis, check blood pressure and body weight to :

- a. Early detect of pregnancy induced hypertension
- b. Insure good prenatal care
- c. Detect diabetes mellitus
- d. Detect heart diseases

33. On which of the following postpartum days can the pregnant mother expect lochia serosa:

- a. Days 1 and 2 postpartum
- b. Days 4 to 10 postpartum
- c. Days 10 to 14 postpartum
- d. Days 14 to 21 postpartum



٣٤. A nurse assesses a rise in the fundal height and a sudden gush of blood from the vagina after delivery of baby. The nurse appropriately interprets these finding as:

- a. Immediate postpartum hemorrhage.
- b. Separation of the placenta.
- c. Late postpartum hemorrhage.
- d. Delivery of the placenta.

35. Which of the following fetal positions is best for birth?

- a. Vertex position
- b. Transverse position
- c. Frank breech position
- d. Posterior position of the fetal head

٣٦. - A pregnant mother at ٣٩ weeks' gestation come with complaints of pelvic pressure, increased urinary frequency, and vaginal secretions. The nurse would correctly interpret these as signs and symptoms of:

- a. Vaginal infection.
- b. Signs of labor.
- c. Urinary tract infection.
- d. Rupture of membranes.

37. A pregnant mother who is ٨ weeks' pregnant gives the following pregnancy history to the nurse: this is her fourth pregnancy; she had one abortion at ١٢ weeks, she had a girl born at home at ٣٥ weeks, and she gave birth to a stillborn at 38 weeks. Which of the following is the correct documentation for this pregnant mother's obstetric history?

- a. Gravida ٤ para ١١١١
- b. Gravida ٣ para ٠١١٠
- c. Gravida ٣ para ١١١١
- d. Gravida ٤ para ١١٠١



38. If Rh. Negative woman experiences an miscarriage during her first pregnancy, she should be instructed to do which of the following:

- a. Adopt children, since future pregnancies will result in future miscarriages.
- b. Avoid pregnancy for the next year to permit a decrease in Rh antigen.
- c. Consume high doses of vitamin D and vitamin K to prevent anemia.
- d. Receive Rh. immune globulin within 72hrs. to prevent the buildup of antibodies

39. A nurse is completing an assessment on a first trimester antenatal pregnant mother with Hemoglobin of 10.5 g/dl. What is the priority nursing action at this time:

- a. Refer the pregnant mother for nutritional counseling.
- b. Obtain an order for iron supplementation.
- c. Obtain an order for type and cross match.
- d. Evaluate the pregnant mother for signs of infection.

40. Which of the following cause contributes to edema during pregnancy?

- a. Decrease serum potassium
- b. Increase capillary permeability
- c. Decreased nitrogen retention
- d. Increased level of steroid sex hormones



III. Choose the answer from column (B) that suit the term in column (A). (10 marks)

A	B
1. Chadwick's sign	a. Ordinary painless that occur at irregular intervals throughout pregnancy but are felt with abdominal palpation after 24 weeks A deeper patch coloring on the face which resembles a mask.
2. Hegar's sign	b. It is the softening of the isthmus of the uterus.
3. Mons pubis	c. Is the deep red to purple or bluish coloration of the mucous membranes of the cervix, vagina and vulva
4. Convection	d. A pad of fatty tissue overlying the symphysis pubis.
5. Labor	e. When combined duration of the first and second stage of labor is more than 20 hours.
6. Afterpains	f. Line of dark pigmentation appear on the middle of the abdominal and extending to symphysis pubis
7. Lightening	g. Descent of the uterus due to descent of presenting part into pelvic inlet.
8. Prolonged labor	h. Is the process by which a viable fetus is expelled from the uterus
9. Linea nigra	i. It is a cramping pain following childbirth caused by alternate relaxation and contraction of uterine muscles.
10. Episiotomy	j. The flow of heat from the body surface to cooler ambient air e.g. Air conditioner and Air currents
	k. It is a surgical incision of the perineum to enlarge the vaginal opening.

1	2	3	4	5	6	7	8	9	10



III. Write true or false in front of each item. (5 marks)

- After pain a sever colic in the lower abdomen
(T) (F) caused by uterine contraction during milk sucking (breast feeding),
- Involution of the uterus rapidly decreases in the size to its pregnant state.
(T) (F)
- Secondary postpartum hemorrhage occurs between ١٠-١٤ days after delivery.
(T) (F)
- Partogram is graphic record to evaluate the progress of postpartum period.
(T) (F)
- Cord prolapsed is a decent of the cord below the presenting part while the membrane ruptured.
(T) (F)

IV. Complete The Following (15 Marks, one for each):

- 1- Write down **THREE** major skin changes during pregnancy:
1.
 2.
 3.
- 2- Write down **FOUR** interventions for mother with gestational hypertension.
1.
 2.
 3.
 4.
- 3- Write down **FOUR** positive signs of pregnancy
- 1.....
 - 2.....
 - 3.....
 - ٤.....



4- Write down **FOUR** Premonitory Symptoms and Signs of Labor:

1.
2.
3.
4.

GOOD LUCK

Examiners

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Dr. Amal Elgenidy