**King Saud University**

**College of Nursing**

**Practical exam**

**Summer course 1433-1443**

**Course title:** Maternal and Child Health Nursing

**Course number:** 362 NUR

**Date : 21/7/2013**

**Time allowed:** 30 mintues

**Student ‘s name : -----------------------------------------------------**

**Student ‘s number : --------------------------------------------------**

**Final grade: / 5**

**1/ An 18-year-old woman comes to the antenatal clinic for a routine prenatal checkup at 34 weeks gestation. Abdominal palpation reveals the fetal position as right occipital anterior (ROA). At which of the following sites would the nurse expect to find the fetal heart tone?**

(A) Below the umbilicus, on the mother’s left side.

(B) Below the umbilicus, on the mother’s right side.

(C) Above the umbilicus, on the mother’s left side.

(D) Above the umbilicus, on the mother’s right side.

**2/ Give reasons to the following instructions which were given in the antenatal clinic for a pregnant woman in the 3rd trimester:**

|  |  |
| --- | --- |
| **The instruction** | **The rationale** |
| * Increase iron intake in food such as. Liver, red meat and vegetables. | **To increase iron that is storage in the baby liver to be used in the first six months of the baby’s life due to immaturity liver.** |
| * Avoid sexual intercourse during the last 6 – 8 week. | **To prevent premature rupture of membrane.** |

**3/ (Mrs. N) in Labor ward, having contraction every 2 minutes, lasting 50 to 60 seconds, you put her flat position to do a vaginal exam. The exam shows that she is 6 cm dilated and 100% effaced.**

1. **True labor is characterized by:**
2. Increasingly intense uterine contractions.
3. Contraction that occur at regular 5 to 15 minute intervals.
4. Dilatation of the cervix.
5. All the above.
6. **The first stage of labor for primigravida usually lasts:**
7. 3 to 6 hours.
8. 6 to 10 hours.
9. 10 to 16 hours.
10. 24 hours.
11. **After the exam of the F.H.R is 140, regular and her B.P is 80/50, what is your first nursing action would be:**
12. Place patient in sharp trendelen berg position.
13. Take blood pressure again to be sure you were right.
14. Get the physician immediately.
15. Turn patient on her side and check blood pressure.
16. **The nurse observe the amniotic fluid and decides that it appears normal since it is:**
17. Clear and dark amber colored.
18. Milky, greenish yellow, containing shreds of mucus.
19. Clear, almost colorless.
20. Cloudy, greenish, containing little which specks.

**4/ Give Reasons:**

1) Postpartum women must avoid dorsal position?

To prevent uterine prolapse

2) Increase woman temp in 1st day after delivery?

Because of physiological change which is losing excess fluid from the mother body.