

**Maternity and Child care (CHS 433)**  
**First Midterm Exam (Students Model)**

Time allowed: One hour

Date: / /2018

الاسم: \_\_\_\_\_ الرقم الجامعي: \_\_\_\_\_ رقم الكشف: \_\_\_\_\_

**Part I:** Write True or False between brackets and correct the false question (s) by underlining the false word(s) and write it (them) under each question. Non corrected false question (s) will be given zero: **Carefully transfer your answers to the answer sheet that will be checked and marks will be given based on your answers in the answer sheet.**

( marks)

1.1.

1. The male gamete fertilizes the female gamete within the ampulla of fallopian tube ( )  
-----
2. The fluids which lubricate the vagina during the intercourse are secreted from its **secretory glands** (blood vessels) ( )  
-----
3. **Progesterone** is secreted during the first half of the menstrual cycle while **estrogen** is secreted during the second half (vise versa) ( )  
-----
4. Detachment of the endometrium during menstruation occurs in random patches ( )  
-----
5. **After ovulation**, (On or around the day of ovulation) the cervical mucus will be very thin, clear and stretchy ( )  
-----
6. Progesterone **increases** (inhibits) myometrial contractions but Inhibits milk-inducing effects of prolactin ( )  
-----
7. The "fertile-quality cervical mucus" is when the cervical mucous is **low in quantity, yellow, cloudy, or white in color, and somewhat sticky the touch** (the highest amount, clear and stretchy similar to the consistency and color of egg whites) ( )  
-----
8. Safe survival of premature infants is now possible at about 24 week of pregnancy ( )  
-----
9. Both **ova** and sperms are motile (ova are non motile) ( )  
-----
10. During fertilization, **23 pairs of chromosomes** (23 chromosomes) from the egg and the 23 chromosomes of the sperm join forming a zygote ( )  
-----
11. During the **Second** (third) trimester of pregnancy, fetus might survive if an early birth occurs ( )  
-----

12. At the **9<sup>th</sup>** (12<sup>th</sup>) week of pregnancy, fetus looks like a tiny human and develops features and major organs of a human being. ( )
- 
13. **The umbilical cord is rich in nerves** (no nerves within the cord), so its cutting after delivery is a painless procedure for the baby ( )
- 
14. Pregnancy related hormones sometimes leads to development of masculine or acromegalic features in the pregnant mother ( )
- 
15. In later half of pregnancy the efficiency of absorption of iron, calcium and B vitamins **decreases** (increases). ( )
- 
16. Most of the mother's weight gain during pregnancy resides in the **fetus, placenta and amniotic fluid** (maternal reproductive tissues, fluid, blood and maternal stores) ( )
- 

**1.2.**

17. Some women may experience some light blood or spotting during ovulation ( )
- 
18. Women with menorrhagia are more susceptible to iron deficiency ( )
- 
19. Amenorrhea means that the period has not occurred in **30** (90) days ( )
- 

**2.1.**

20. The risk of pregnancy and childbirth increases during the first childbirth and after the fourth childbirth ( )
- 

**Part II:** Circle the correct answer: **Carefully transfer your answers to the answer sheet that will be checked and marks will be given based on your answers in the answer sheet.**

( marks)

**1.1.**

1. It is a muscular hollow tube extends from the vaginal opening to the cervix
- a) uterine tube
  - b) uterus
  - c) **vagina**
  - d) vulva
2. its function is to sweep the ovulated ova into the lumen of the Fallopian tube
- a) Interstitial part
  - b) Isthmus
  - c) Ampulla
  - d) **Infundibulum**

3. After the ovum has been expelled from the follicle, the resulting cavity is known as:
  - a) infundibulum
  - b) hymen
  - c) **corpus luteum**
  - d) corpus albicans
4. During the follicular phase, the hormone that stimulates follicular growth is called:
  - a) Testosterone
  - b) Progesterone
  - c) LH
  - d) **FSH**
5. The biggest follicle in which follicular fluid spaces unit together to form one large space pushing the ovum to one side of the follicle is called
  - a) infundibulum
  - b) corpus luteum
  - c) corpus albicans
  - d) **Graafian follicle**
6. Which of the following phases is of the ovarian cycle phases:
  - a) Menstrual
  - b) **Follicular**
  - c) Secretory
  - d) Proliferative
7. After ovulation and under the influence of progesterone, the cervical mucus becomes:
  - a) **low quantity, thick and sticky to form a "plug"**
  - b) highest amount, clear and stretchy similar to the consistency and color of egg whites
  - c) High quantity, yellow, cloudy and somewhat sticky the touch.
  - d) Clear but full of blood
8. it is an enzyme that inhibits clotting in the menstrual fluid
  - a) Menorrhagia
  - b) LH
  - c) FSH
  - d) **Plasmin**
9. It is a uterine cycle phase that is under effect of estrogens and progesterone from the corpus luteum.
  - a) Luteal
  - b) Follicular
  - c) **Secretory**
  - d) Proliferative
10. it is a hormone secreted from embryo to maintain the corpus luteum to produce progesterone until the placenta produces it
  - a) Plasmin
  - b) **Human Chorionic Gonadotropin**
  - c) LH
  - d) FSH

11. Breaking down and sluffing off the endometrium lining and occurrence of menstruation indicate that
- occurrence of fertilization
  - occurrence of implantation
  - degeneration of the corpus luteum into a corpus albicans**
  - increasing of progesterone levels
12. The followings are related to estrogen **except**;
- Secreted by the growing follicles and corpus luteum, placenta and adrenal cortex
  - Stimulates ovarian and follicular growth
  - Essential for ovulation & corpus luteum function
  - Decreases myometrial contractions**
13. The followings are related to progesterone **except**;
- Induces thick and sticky cervical mucus
  - Stimulates secretion of abundant, thin, clear alkaline cervical mucus**
  - Decreases fallopian tubes and myometrium contractions
  - Responsible for maternal behavior
14. The discomfort which the women experience before periods and goes away once menstruation begins is called
- Premenstrual Syndrome**
  - Eumenorrhea
  - Menorrhagia
  - Amenorrhea
15. It is a watery liquid surrounding and cushioning a growing fetus and composed mainly of fetal urine in the late stages of gestation
- Morula
  - Amniotic Fluid**
  - Trophoblast
  - Embryoblast
16. The outer layer of cells of the blastocyte that will become the placenta is called
- Morula
  - Amniotic Fluid
  - Trophoblast**
  - Embryoblast
17. The umbilical cord contains:
- two arteries and two veins
  - two arteries and one vein**
  - two arteries and three veins
  - two arteries without veins
18. During this pregnancy week, the fetus has these characteristics " about 15 cm long and weighs 340 g, sexual organs are well developed and can be visible on ultra sound" and the mother should feel fetus movements due to quickening
- 9 Weeks
  - 12 weeks
  - 20 weeks**
  - 40 weeks

19. which of the followings is **not true** about the umbilical cord:
- a)formed by the 5th week of conception
  - b)Its blood vessels have a protective coating to protect them
  - c)very rich in stem cells
  - d)**about 2 cm in diameter and 5 cm long**
- 20.The basal metabolic rate during pregnancy:
- a)decreases by 5% in the 1st trimester but increases by 15% during later stages of pregnancy
  - b)Remains constant through the three trimesters
  - c)**Increases by 5% in the 1st trimester and may reach 15% during later stages of pregnancy**
  - d)Decreases by 5% in the 1st trimester and may reach 15% during later stages of pregnancy

**Part III:** Write the question number from column (A) beside its correct answer in column (B).  
**Carefully transfer your answers to the answer sheet that will be checked and marks will be given based on your answers in the answer sheet.**

( marks)

#	Column (A)	#	Column (B)
1.1.			
1.	Menstrual cycle	2.	periodic shedding of the uterus in a form of blood and mucous through the vagina
2.	Menstruation	4.	Barriers surrounding the ovum which the sperm must break in order to penetrate the ovum
3.	egg white cervical mucus	6.	muscles contraction that cause movement at the fetus's synovial joints
4.	Corona radiate and Zona pellucida.	8.	protective coating of the blood vessels of the umbilical cord
5.	uterine milk	1.	female reproductive cycle that begins at the age of puberty and continues monthly
6.	Quickening	3.	Occurs at the time of ovulation and is considered the perfect protective medium for the sperms in terms of texture and pH
7.	Engagement	5.	Uterine endometrial secretions from which the blastocyst obtains its nutrition before implantation
8.	Wharton's jelly		
9.	Maternal health		

**Part IV:** Fill the following blanks with the correct word (s):

( marks)

**1.1.**

1. The thin sheet that partially covers the opening of the vagina is called **hymen**
2. The first period in the female reproductive cycle is called **menarche**
3. There are two phases of the ovarian cycle; **follicular** phase and **luteal** phase
4. The signs of ovulation are;-
  - (1). **Thinning of the cervical mucus**
  - (2). **change in body temperature**
  - (3). **Lower abdominal discomfort**
5. Ovarian follicles do not grow during the Luteal phase because **the corpus luteum secretes high progesterone levels that inhibit the release of the FSH**
6. Among the physical and emotional symptoms of the Premenstrual Syndrome are:
  - (1). **acne,**
  - (2). **bloating, constipation, diarrhea,**
  - (3). **fatigue, backaches, headaches**
  - (4). **sore breasts,**
  - (5). **food cravings,**
  - (6). **depression, irritability, difficulty concentrating.**
7. The period between 28-40 weeks of pregnancy is called **third trimester**
8. In the Fallopian tube, fertilized ovum is transported to the uterus by the help of:-
  - (1). **current of fluid from the epithelial cells**
  - (2). **Action of the cilia lining the tube**
  - (3). **Weak contractions of the fallopian tube.**
9. The blastocyte secretes **human chorion gonadotrophin (hCG)** hormones that help to maintain the **corpus luteum**

10. The baby is called

- (1). **embryo** (early 8 weeks)
- (2). **fetus** (after 8th week until birth)

11. Movement of the fetal joints is important because it:-

- (1). **enhances nutrition of the articular cartilage**
- (2). **prevents fusion of connective tissues within the joint**
- (3). **promotes bone hardening.**

12. Gastrointestinal changes in the pregnant mothers include:-

- (1). **Decrease in gastrointestinal motility leading to constipation.**
- (2). **Decrease in acid and pepsin secretion in the stomach**
- (3). **Relaxed lower esophageal sphincter leading to heartburn and vomiting “more pronounced with increasing pressure of the fetus”**
- (4). **In later half of pregnancy; increase in iron, calcium and B vitamins absorption to meet the increased needs.**

13. By full term, average weight gain during pregnancy for a normal healthy woman with desirable body weight is **12.5 Kg** ranging between **11 – 13 kg.**

1.2.

14. Target groups for MCH care are:

- (1). **all women at the child bearing “reproductive” age (15-49 years),**
- (2). **children,**
- (3). **school age population**
- (4). **adolescents**

15. Children (specially from birth to five years) are a vulnerable group because they;

- (1). **depend on a nurturing adult, particularly their mothers, to survive**
- (2). **their immune system cannot give them enough protection**

16. **Hysterectomy** is the removal of the uterus that may include removal of one or both ovaries

17. Among the **maternal factors** that can lead to high risk pregnancies are:

- (1). **age (younger than age 15, older than age 35);**
- (2). **pre-pregnancy weight under 45 kgs or obesity;**
- (3). **pre-pregnancy height under 150 cm**
- (4). **previous obstetric difficulties,**
- (5). **malnourishment,**
- (6). **Smoking cigarettes, drinking alcohol, or taking drugs.**
- (7). **more than 5 previous pregnancies;**
- (8). **bleeding during the third trimester;**
- (9). **abnormalities of the reproductive tract**
- (10). **hypertension;**
- (11). **gestational diabetes;**
- (12). **Rh incompatibility;**
- (13). **vagina and/or cervix infections;**
- (14). **kidney infection;**
- (15). **fever;**
- (16). **acute surgical emergency (appendicitis, gallbladder disease, bowel obstruction);**
- (17). **post-term pregnancy;**
- (18). **pre-existing chronic illness such as asthma, autoimmune disease, cancer, tuberculosis, AIDS, heart disease, kidney disease, diabetes.**

18. Among the **Fetal factors** that can lead to high risk pregnancies are:

- (1). **exposure to infection e.g. viral hepatitis, rubella, syphilis and toxoplasmosis;**
- (2). **exposure to damaging medications e.g. phenytoin (antiepileptic), folic acid antagonists, streptomycin, tetracycline, and warfarin;**
- (3). **exposure to addictive substances e.g. cigarette smoking, alcohol intake, and abused drugs.**