

**Maternity and Child care (CHS 433)**  
**Final Exam (Student Model)**

Time allowed: Two hours

Date: / /2019

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.**

1.1.

1. The infundibulum lies close to the ovary and **closely** (not) attached to it ( )  
-----
2. The fluids which lubricate the vagina during the intercourse are secreted from its **secretory glands** (blood vessels) ( )  
-----
3. Despite the acidic pH of the Vagina, sperms can survive and reach to the fallopian tube for fertilization ( )  
-----
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. Estrogen **inhibits** (increases) myometrial contractions and protects against osteoporosis ( )  
-----
7. Progesterone **increases** (inhibits) myometrial contractions but Inhibits milk-inducing effects of prolactin ( )  
-----
8. The most fertile days of the woman is when the cervical mucus 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) ( )  
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9. 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) ( )  
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10. The “fertile-quality cervical mucus” occurs at the time of ovulation and is similar in consistency and color to the egg white) ( )  
-----
11. A normal human pregnancy lasts approximately **38** (40) weeks from the first day of the last menstrual cycle ( )  
-----
12. A normal human pregnancy lasts approximately 38 weeks from the day of ovulation ( )  
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13. Safe survival of premature infants is now possible at about 24 week of pregnancy ( )  
-----
14. 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. ( )  
-----
15. Engagement can occur any time between the 36th week of pregnancy and labor ( )  
-----
16. Gastro intestinal motility **increases** (decreases) during pregnancy ( )  
-----
17. In later half of pregnancy the efficiency of absorption of iron, calcium and B vitamins **decreases** (increases). ( )  
-----
18. 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) ( )  
-----
19. Pregnancies consisting of multiples (twins or triplets) are counted as ONE birth ( )  
-----
20. Hyperemesis Gravidarum usually occurs in women with multiple pregnancy or with a larger placental mass ( )  
-----
21. Nausea and vomiting during pregnancy is an adaptive, beneficial, process and are usually not associated with a poor pregnancy outcome ( )  
-----
22. Hypertension and/or proteinuria diagnosed **after** (before) 20 weeks of pregnancy are usually due to pre-existing chronic hypertension or renal disease ( )  
-----
23. Detection and management of preeclampsia is critical to reduce the risk of eclampsia ( )  
-----
24. During labor, women who are asked to stand, walk, or sit upright had shorter labors than who in the supine position ( )  
-----
25. Cervix of the multipara, usually **effaces before it dilates** (vise versa) ( )  
-----
26. **Second** (first) stage extends from onset of true labor till cervix dilation reaches 10 cm ( )  
-----
27. First stage extends from onset of true labor till cervix dilation reaches **5** (10) cm ( )  
-----
28. About 90% of women who've had a cesarean **can** (can not) deliver vaginally for their next birth ( )  
-----
29. After falling off of the umbilical stump, presence of little blood on the diaper is not a problem ( )  
-----

30. Head circumference of the baby should be measured **before** (after) 24 hours when moulding has subsided ( )
31. WHO recommends that someone should accompany the mother and newborn for the first 24 hours after birth ( )
32. Contraception is not necessary in the 21 days after childbirth ( )
33. Combined oral contraceptive pill can be used for **both** breast feeding and non breast feeding mothers (not recommended for breastfeeding mothers as it interferes with lactation) ( )
- 1.2.**
34. Clumps of menstrual blood may indicate a miscarriage and can be confirmed through microscopic examination ( )
35. **Most** (only 10-20%) of pregnant women with Gestational diabetes mellitus will respond to changes in diet and exercise and will be in need for treatment ( )
36. Although most cases of Gestational diabetes mellitus revert to normal glucose tolerance after delivery, they may develop type 2 diabetes after the age of 40 years ( )
37. Hypertension in pregnant women that occurs **before** (after) 20 weeks' gestation in usually women having their first baby ( )
38. Hypertension in pregnant women that occurs **after** (before) 20 weeks is usually due to pre-existing chronic hypertension or renal disease. ( )
39. Hypertension in women having their first baby, usually appears during pregnancy and reversed by delivery. ( )
40. The outcome following pregnancy-induced hypertension is very similar to that for women with normotensive pregnancies ( )
41. Pre-existing or chronic hypertension may be detected for the first time in pregnancy but does not regress after delivery ( )
42. Pre-existing or chronic hypertension is a major predisposing factor for pre-eclampsia ( )
43. Pregnancy proteinuria may be temporary due to pre-eclampsia and usually **remains after delivery** (disappears after delivery) ( )
44. Edema affecting pregnant women with pre-eclampsia **can** (cannot) be differentiated clinically from edema in normal pregnancy. ( )
45. Among the symptoms of severe Pre-eclampsia are renal and liver involvement, Pulmonary edema and Placental abruption ( )

46. Some patients awake from the eclampsia coma with temporary blindness ( )
47. An Apgar score that remains below 3 at later times, such as 10, 15, or 30 minutes, may indicate longer-term neurological damage. ( )
48. A surfactant is a substance produced by the lung and made up of proteins and fats to keep the baby's lungs inflated ( )
49. **Neither** Maternal low blood pressure **nor** Early placental abruption can lead to birth asphyxia of the baby (both can lead to birth asphyxia) ( )
50. Most of the pregnant mother's organs returned to their pre-pregnant state within **3**(6) weeks after birth except the **liver** (ureter) which takes longer time ( )

**2.1.**

51. The risk of pregnancy and childbirth increases during the first childbirth and after the fourth childbirth ( )
52. Glucose level of pregnant mothers affected by Gestational diabetes mellitus can be monitored closely to labor and giving them insulin to keep normal glucose level ( )
53. During pregnancy, estrogen and progesterone inhibit the actual secretion of milk ( )
54. Although calcium in human breast milk is less than cow's milk, it is better absorbed by the infant ( )
55. Babies who are permitted to regulate the frequency of their breast feeding gain weight more quickly than those who have external limitations imposed on them. ( )
56. At the start of breast feeding, the baby takes a large volume of low-calorie milk ( )
57. Babies receiving routine supplements are more likely to give up breastfeeding ( )
58. Infants cannot digest or absorb casein easily, so human milk is preferable to cow milk because its whey to casein ratio 80:20 ( )
59. Early introduction of cow's milk may be associated with increased rates of type 2 diabetes ( )
60. Mothers with infrequent nursing should use another safe method of contraception ( )

61. A healthy baby has no need for large volumes of fluid than that obtained from the breast. (     ) -----
62. Early use of bottles, pacifiers and supplementary feeds can interfere with the establishment of breastfeeding. (     ) -----
63. Hysterectomy can stop the period immediately (     ) -----
64. The risk of endometrial cancer resulting from estrogen given to postmenopausal women can be eliminated by administration of a progestogen along with estrogen (     ) -----
65. The risk of breast cancer resulting from estrogen given to postmenopausal women **can** (can not) be eliminated by administration of a progestogen along with estrogen (     ) -----
66. Male menopause is changes in male reproductive system with aging but less severe than female menopause (     ) -----

**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. It is a part of the Fallopian tube where fertilization occurs.
  - a) Interstitial part
  - b) Isthmus
  - c) **Ampulla**
  - d) Infundibulum
3. its function is to sweep the ovulated ova into the lumen of the Fallopian tube
  - a) Interstitial part
  - b) Isthmus
  - c) Ampulla
  - d) **Infundibulum**
4. Arteries supplying the endometrium constrict and rupture leading to shedding of the tissues and bleeding, this occurs during:
  - a) **Menstruation**
  - b) Ovulation
  - c) Fertilization
  - d) Intercourse

5. It likes hormone produced by all nucleated cells except lymphocytes.
- Testosterone
  - Estrogen
  - Prostaglandin**
  - Progesterone
6. During the follicular phase, the hormone that stimulates follicular growth is called:
- Testosterone
  - Progesterone
  - LH
  - FSH**
7. 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
- infundibulum
  - corpus luteum
  - corpus albicans
  - Graafian follicle**
8. If fertilization of the ova occurs;
- The corpus luteum enlarges in size and no menstruation occurs**
  - The corpus luteum disintegrates and no menstruation occurs
  - The corpus luteum enlarges in size and the menstruation occurs
  - The corpus luteum disintegrates and menstruation occurs
9. It is a phase of the uterine cycle where a plug is formed at the end of the cervical canal.
- Menstrual
  - Follicular
  - Secretory
  - Proliferative**
10. It is a uterine cycle phase from day 15th from beginning of menstrual cycle, where the uterus becomes edematous, thickens and enriched with blood supply
- Luteal
  - Follicular
  - Secretory**
  - Proliferative
11. it is a hormone secreted from embryo to maintain the corpus luteum to produce progesterone until the placenta produces it
- Plasmin
  - Human Chorionic Gonadotropin**
  - LH
  - FSH
12. 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

13. The followings are related to progesterone **except**;
- a) Secreted by corpus luteum, ovaries, placenta & adrenal cortex.
  - b) Induces thick, sticky cervical mucus.
  - c) **Increases sensitivity to oxytocin which promotes uterine contraction**
  - d) Inhibits ovulation
14. The followings are related to progesterone **except**;
- a) Induces thick and sticky cervical mucus
  - b) **Stimulates secretion of abundant, thin, clear alkaline cervical mucus**
  - c) Decreases fallopian tubes and myometrium contractions
  - d) Responsible for maternal behavior
15. It is a watery liquid surrounding and cushioning a growing fetus and composed mainly of fetal urine in the late stages of gestation
- a) Morula
  - b) **Amniotic Fluid**
  - c) Trophoblast
  - d) Embryoblast
16. During this pregnancy week, the fetus has these characteristics " looks like a tiny human; about 6.5 cm long and weighs 15 g, Heart is complete and working, and sexual organs have formed inside the body, but sex cannot be distinguished"
- a) 9 Weeks
  - b) **12 weeks**
  - c) 20 weeks
  - d) 40 weeks
17. 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
- a) 9 Weeks
  - b) 12 weeks
  - c) **20 weeks**
  - d) 40 weeks
18. 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
19. A woman in her first pregnancy who is at least 35 years old is referred to as:
- a) Nulligravida
  - b) Primigravida
  - c) Multigravida
  - d) **Elderly primigravida**

20. The obstetric history a woman who has had three pregnancies two of which resulted in live births would be noted as:
- a) G2P3A2
  - b) G3P3A1
  - c) **G3P2A1**
  - d) G2P3A0
21. It is used to auscultate the fetal heart ;-
- a) **Pinard's stethoscope**
  - b) suction bulb
  - c) Premenstrual Syndrome
  - d) symphysio-fundal height
22. Urinalysis must be performed at every antenatal visit to check for the presence of:
- a) **protein and glucose**
  - b) Elderly primigravida
  - c) symphysio-fundal height
  - d) Hemoglobin level
23. Crown-rump length is used to determine;
- a) **gestational age**
  - b) symphysio-fundal height
  - c) Premenstrual Syndrome
  - d) Elderly primigravida
24. Acupressure at the Neiguan (P6), pyridoxine, and small amounts of carbohydrate are among the suggested solutions to relieve pregnancy:
- a) Hemorrhoids
  - b) Constipation
  - c) Backache
  - d) **Nausea**
25. The followings are true about maternal oxytocin **except**:-
- a) the strongest direct stimulator of uterine contractions
  - b) stimulates uterine muscles to synthesize prostaglandins
  - c) number of its uterine receptors increases during the last few weeks of pregnancy
  - d) **its level drops after delivery of its source "placenta"**
26. It is shortest stage of labor and where the placenta is delivered
- a) First stage
  - b) Second stage
  - c) **Third stage**
  - d) Fourth stage
27. It is one of the phases of the first stage of labor which extends from cervix dilation of 3 cm till 7 cm.
- a) Early Labor Phase
  - b) **Active Labor Phase**
  - c) Transition Phase
  - d) Late phase



28. It is one of the phases of the first stage of labor which extends from cervix dilation of 7 cm till full dilation "10 cm"
- Early Labor Phase
  - Active Labor Phase
  - Transition Phase**
  - Late phase
29. The Apgar score of a newborn with a heart beat less than 100 beats/ minute, weak cry, limp muscle motion, with no reflex irritability and with a blue body is:
- 2**
  - 4
  - 6
  - 8
30. The followings are true about the prolactin **except**:-
- secreted by the mother's posterior pituitary gland,**
  - Removal of placenta estrogen and progesterone allows its lactogenic effect,
  - Its level returns to the non-pregnant level few weeks after birth
  - When the mother nurses her baby, its level increases 10-20 times in prolactin secretion.
31. When the baby sucks the breast, two hormones responsible for lactation are released from the pituitary gland; the first from the anterior lobe and the second from the posterior lobe:
- Prolactin and Oxytocin**
  - Oxytocin and prolactin
  - FSH and LH
  - LH and FSH
32. The followings are true about hindmilk **except**;
- Similar to cream in texture
  - Thin, watery with blue tinge**
  - Helps the baby to gain weight
  - Released after several minutes of breast feeding
33. The only factor that has been shown to both prevent nipple trauma is:
- Stopping the milk ejection reflex
  - Good positioning of the baby at the breast**
  - Supplementing the baby
  - Using oral contraceptives
34. The recommended number of antenatal care appointments for women with uncomplicated pregnancies remain
- 10 appointments for nulliparous women and 7 for parous women**
  - 10 appointments for nulliparous and parous women
  - 7 appointments for nulliparous and parous women
  - 7 appointments for nulliparous women and 10 for parous women
- 1.2.**
35. It is a severe uterine pain during menstruation
- Eumenorrhea
  - menorrhagia
  - amenorrhea
  - dysmenorrhea**

36. Among its causes during pregnancy are an increased lumbar lordosis and loosening of ligaments
- a) Hemorrhoids
  - b) Constipation
  - c) **Backache**
  - d) Nausea
37. The two major problems encountered in infants born to mothers with Gestational diabetes mellitus are:-
- a) **macrosomia and hypoglycemia**
  - b) macrosomia and hyperglycemia
  - c) macrosomia and Hemorrhoids
  - d) macrosomia and Constipation
38. Fetal complications of pre-eclampsia include the followings except;
- a) risk of preterm delivery
  - b) oligohydramnios
  - c) sub-optimal fetal growth
  - d) **macrosomia and hypoglycemia**
39. An acute life-threatening complication of pregnancy that is usually accompanied with seizures
- a) **Eclampsia**
  - b) Macrosomia
  - c) Amenorrhea
  - d) Nulligravida
40. Proteinuria is not considered abnormal during pregnancy until it exceeds:
- a) **300 mg in 24 h urine specimen**
  - b) 300 mg in 48 h urine specimen
  - c) 400 mg in 24 h urine specimen
  - d) 500 mg in 24 h urine specimen
41. When the mother's pelvis is too small to deliver the head of the baby, it is called:-
- a) **Cephalopelvic disproportion**
  - b) Cord prolapse
  - c) Fetal distress
  - d) Stalled labor
42. When the baby's head is too large for the birth canal, it is called:-
- a) **Cephalopelvic disproportion**
  - b) Cord prolapse
  - c) Fetal distress
  - d) Stalled labor
43. When the birth weight of a baby is 3 kgs and the weight of another baby is 2 kgs, this indicates:
- a) **Normal birth weight and low birth weight; respectively**
  - b) very low birth weight and ultra low birth weight; respectively
  - c) both are of normal birth weight
  - d) both are of low birth weight

44. When the birth weight of a baby is one kg and the weight of another baby is 900 grams, this indicates:
- Normal birth weight and low birth weight; respectively
  - very low birth weight and ultra low birth weight; respectively**
  - both are of low birth weight
  - both are of ultra low birth weight
45. When the birth weight of a baby is 1250 grams and the weight of another baby is 1000 grams, this indicates:
- Normal birth weight and low birth weight; respectively
  - very low birth weight and ultra low birth weight; respectively**
  - both are of very low birth weight
  - both are of ultra low birth weight
46. Babies with the following Apgar score need immediate resuscitation
- 2**
  - 4
  - 6
  - 8

## 2.1.

47. It is a breast feeding position where the mother's thumb and fingers is behind the baby head, to guide his mouth to the breast and it is suitable for small babies and for infants who have trouble latching on.
- Cradle position
  - Cross-cradle position**
  - football or clutch position
  - Supine position
48. If the breast milk is not removed as it is formed, this will lead to the followings **except:-**
- Over-distension of the milk alveoli
  - The milk secreting cells become flattened and even to rupture.
  - Increasing further milk production**
  - Inflammation of the surrounding tissue
49. Excessive crying of babies is defined as crying for:-
- >3 hours/day for >3 days/week.**
  - >6 hours/day for >6 days/week.
  - >3 hours/day for >6 days/week.
  - >6 hours/day for >3 days/week.
50. Menopause can be induced surgically by:
- Episiotomy
  - Supine position
  - Crowning
  - Hysterectomy.**
51. The followings are true about primary ovarian insufficiency **except:-**
- Its rates are lower in both fraternal and identical twins;**
  - Usually occurs with premature menopause
  - Among its causes are thyroid disease and diabetes.
  - hormone therapy is recommended at least until the natural age of menopause

52. The followings are true about hot flashes that occur during menopause **except:-**

- a) periodic sudden increases in body temperature,
- b) usually last from 30 seconds to several minutes
- c) sometimes accompanied by night sweats
- d) **the exact cause is not fully understood, but may be due to episiotomy**

**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.   | Menstruation                       |   | periodic shedding of the uterus in a form of blood and mucous through the vagina  |
| 2.   | egg white cervical mucus           |   | Occurs at the time of ovulation and is considered the perfect protective medium for the sperms in terms of texture and pH |
| 3.   | Corona radiata and Zona pellucida. |   | Barriers surrounding the ovum which the sperm must break in order to penetrate the ovum                                   |
| 4.   | uterine milk                       |   | Uterine endometrial secretions from which the blastocyst obtains its nutrition before implantation                        |
| 5.   | Quickening                         |   | muscles contraction that cause movement at the fetus's synovial joints  |
| 6.   | Cervical effacement                |   | gradual softening, shortening and thinning of the cervix  |
| 1.2. |                                    |   |   |
| 7.   | <i>Contra-insulin hormones</i>     |   | estrogen, cortisol, and placental lactogens that have a blocking effect on insulin leading Gestational diabetes mellitus  |
| 8.   | pregnancy-induced hypertension     |   | Hypertension in women having their first baby, usually appears during pregnancy and reversed by delivery                  |
| 9.   | Preeclampsia                       |   | pregnancy hypertension that is accompanied with a proteinuria   |
| 10.  | <i>placenta accrete</i>            |   | A placenta that becomes abnormally attached to the wall of the uterus   |
| 11.  | <i>breech birth</i>                |   | when the babies position their feet or butt toward the canal  |
| 12.  | <i>transverse birth</i>            |   | when the babies position their shoulder or side first   |
| 13.  | Stress incontinence                |   | a leak of urine which is common when the patient laughs or coughs   |
| 2.1. |                                    |   |   |
| 14.  | <i>Dyspareunia</i>                 |   | One of the complications of the menopause where there is a pain during sexual intercourse                                 |

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

( marks)

**1.1.**

1. Among functions of the Female Reproductive System are:-
  - (1). **Produces eggs (ova)**
  - (2). **Secretes sex hormones**
  - (3). **Receives the male sperms during sexual intercourse**
  - (4). **Protects and nourishes the fertilized egg**
  - (5). **Delivers fetus through birth canal**
2. The corpus luteum secretes primarily **progesterone**,
3. The signs of ovulation are;-
  - (1). **Thinning of the cervical mucus**
  - (2). **change in body temperature**
  - (3). **Lower abdominal discomfort**
4. Ovarian follicles do not grow during the Luteal phase because **the corpus luteum secretes high progesterone levels that inhibit the release of the FSH**
5. 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.**
6. The blastocyte secretes **human chorion gonadotrophin (hCG)** hormones that help to maintain the **corpus luteum**
7. Placenta secretes the following five main hormones for maintaining pregnancy and preparing the mother for labor and lactation:
  - (1). **Estrogens.**
  - (2). **Progesterone.**
  - (3). **Chorionic Gonadotrophin**
  - (4). **Placental Lactogens (chorionic Somatomammotrophin) similar to growth hormone and prolactin**
  - (5). **Relaxin hormone (Uterine Relaxing Factor)**
8. The baby is called
  - (1). **embryo** (early 8 weeks)
  - (2). **fetus** (after 8th week until birth)
9. **Primigravida** is referring to a woman who is pregnant for the first time,
10. During antenatal care visits of the pregnant mothers, their hemoglobin level should be not less than:
  - (1). **11 g/100 ml** at first contact
  - (2). **10 g/100 ml** at 28 weeks
11. Pregnancy Induced Hypertension is defined by systolic pressure of **140** mm Hg and/or diastolic pressure of **90** mmHg
12. If the pregnant woman suffers from hypertension with proteinuria, this will be called **preeclampsia**
13. During pregnancy, relaxation of the lower esophageal sphincter causes sensation of **heartburn**.
14. The pregnancy in a mother with weight **under 45 kgs** or height **under 150 cm** is considered a high risk pregnancy:
15. The pregnancy in a mother with **more than five** previous pregnancies is considered a high risk pregnancy:

16. Pregnant women with body mass index 30 kg/m<sup>2</sup> or above should be screened for **gestational diabetes** and **pre-eclampsia** and supplemented with vitamin **D**
17. The progressive hormonal changes that increase uterine excitability during labor are:
- (1). **Increased ratio of estrogen-to-progesterone**
  - (2). **Effect of maternal oxytocin on the uterus**
  - (3). **Effect of fetal hormones on the uterus**
18. Near labor, **Estrogen** induces the followings:-
- (1). **stimulates synthesis of enzymes involved in prostaglandin synthesis**
  - (2). **increases responsiveness to oxytocin**
19. **Oxytocin** hormone is the strongest direct stimulator of uterine contractions
20. Stretching or irritating the cervix by fetus head causes:-
- (1). **uterine contractions**
  - (2). **Secretion of oxytocin from the pituitary gland**
21. During labor, among the advantages of standing & lying on the side are:-
- (1). **shorter labor than women in supine (1 hr, 20 min)**
  - (2). **Low risk of caesarean birth**
  - (3). **Reduce the need for epidural anesthesia**
  - (4). **not associated with negative effects on mothers' or babies' well being.**
22. Supine position can adversely affect both condition of the fetus and progression of labor by:-
- (1). **interference with the uterine blood supply**
  - (2). **compromising efficiency of uterine contractions**
23. Cervical dilatation at a rate of **1 cm/hour** during labor is often accepted as the cut-off between normal and abnormal labor.
24. The followings are characteristics of the false labor signs:-
- (1). **Irregular in intensity (strong one then weak the next)**
  - (2). **Infrequent**
  - (3). **Unpredictable**
  - (4). **uncomfortable than painful**
  - (5). **do not increase in intensity or frequency**
  - (6). **taper off and then disappear altogether**
25. The followings usually stop the false labor signs:-
- (1). **during rest,**
  - (2). **When the mother stops what she is doing,**
  - (3). **During walking,**
  - (4). **changing position**
  - (5). **Take a warm bath for 30 minutes or less**
  - (6). **when drinking a couple of glasses of water (specially in case of dehydration)**
26. Among the advantages of episiotomy are:
- (1). **avoid severe tearing of mother's vagina**
  - (2). **speed the delivery**
  - (3). **lessen trauma to the baby**
27. Among pros of the C-section are lower risks of:-
- (1). **incontinence and sexual dysfunction.**
  - (2). **A baby being deprived of oxygen during delivery.**
  - (3). **A baby experiencing trauma while passing through the birth canal.**
28. Apgar test for newborn evaluation is done twice
- (1). **once at 1 minute after birth**
  - (2). **and again at 5 minutes after birth.**
29. If topical agents are necessary to prevent eye infections, their use should be delayed for at least **an hour** after birth.

30. Neonate digestive system is no different from that of the older child except the followings:
- (1). **Less** secretion of **pancreatic amylase**, so that the neonate uses starches less adequately
  - (2). **Less absorption of fats** from the GIT, so cow's milk (high fat content) is inadequately absorbed.
  - (3). **Unstable and low** blood **Glucose** concentration due to immature liver functions.
31. Neonate body temperature particularly premature ones falls easily, because:-
- (1). **body surface area is large in relation to body mass, "heat is lost easily"**
  - (2). **body temperature regulatory mechanisms are not well developed**
32. After delivery, blood volume decreases from **5-6** Liters antepartum to **4** Liters in "nonpregnant" by the week **3**
33. After delivery, platelet count increases and platelets become more sticky from **4-10th** day that may increase the coagulation leading to **thromboembolism**
34. After delivery, ovulation may occur
- (1). as early as **27** days,
  - (2). **70-75 days in nonlactating women**
  - (3). **6 months in lactating women**
- 1.2.**
35. 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**
36. To reaccelerate the progress in child health & nutrition, UNICEF called for massive coverage of four interventions collectively known by the acronym **GOBI** and they are:-
- (1). **G: Growth monitoring**
  - (2). **O: Oral rehydration therapy (ORT)**
  - (3). **B: Breastfeeding**
  - (4). **I: Immunization**
37. **Hysterectomy** is the removal of the uterus that may include removal of one or both ovaries
38. Implanting the zygote in the fallopian tube is called **ectopic** pregnancy
39. Ectopic pregnancy should be terminated to prevent:
- (1). **permanent damage to the fallopian tube**
  - (2). **possible hemorrhage**
  - (3). **possible death of the mother.**
40. Alcohol consumption during pregnancy may lead to a baby suffering from abnormal physical and mental development defined as **Fetal Alcoholic Syndrome (FAS)** with the following characteristics:-
- (1). **premature with a low birth weight.**
  - (2). **small head,**
  - (3). **short eye slits which make the eyes looking far apart,**
  - (4). **flat mid face,**
  - (5). **thin upper lip**
  - (6). **Have central nervous system dysfunction.**

41. 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.**
42. During the antenatal care, ultrasound screening for fetal anomalies should be carried out **between 18 and 20 weeks.**
43. **Causes of hemorrhoids as well as varicose veins**
- (1). **growing uterus that** presses on pelvic veins and inferior vena cava slowing blood return from the lower half of the body, and increasing pressure on the veins below the uterus making them dilate
  - (2). **Constipation** because of straining
  - (3). **High level of progesterone** that relaxes veins walls allowing them to swell more easily, also progesterone contributes to constipation by slowing down the intestinal tract.
44. Pica during pregnancy may be due to:
- (1). **attempt to obtain vitamins or minerals that are missing in the diet specially iron**
  - (2). **underlying physical or mental illness.**
45. Among risk factors of Gestational diabetes mellitus are:
- (1). **Overweight or obesity (BMI above 30 kg/m<sup>2</sup>)**
  - (2). **Family history of diabetes**
  - (3). **previous gestational diabetes**
  - (4). **previous macrosomic baby weighing >4.5 kgs**
  - (5). **women older than 25 years**
  - (6). **Race (African American, South Asian, black Caribbean, Middle Eastern)**
  - (7). **Prediabetes**
46. Pre- eclampsia is characterized by:
- (1). **hypertension ( $\geq 140/90$  mmHg) develops after the 20th week of gestation**
  - (2). **always in association with proteinuria ( $\geq 300$  mg in a 24- hour urine specimen).**



**47. Medical reasons for a C-section**

- (1). **Prolonged labor “failure to progress” “stalled labor”:**
- (2). **Abnormal positioning of the baby**
- (3). **Fetal distress**
- (4). **Repeat cesarean**
- (5). **Birth defects** e.g. excess fluid in the brain or congenital heart diseases
- (6). **Mothers with certain chronic health condition** e.g. heart disease, high blood pressure, or gestational diabetes.
- (7). **Cord prolapse**
- (8). **Cephalopelvic disproportion (CPD)**, "Mother’s pelvis is too small to deliver the baby vaginally, OR the baby’s head is too large for the birth canal"
- (9). **Placenta issues** e.g. placenta previa "the placenta partially or completely covers the cervix" or placenta abruption "the placenta separates from the uterine lining, causing the baby to lose oxygen"
- (10). **Carrying multiples** causing prolonged labor, also, One or more of these babies may be in an abnormal position.

48. Carrying multiples are among the medical reasons for a C-section because:

- (1). **causes prolonged labor, which put mom in distress.**
- (2). **One or more of these babies may be in an abnormal position.**

49. The labor is considered "Prolonged or stalled labor" when the labor is delayed for:

- (1). **20 hours or more for a new mothers OR**
- (2). **14 hours or more for mothers giving birth before.**

50. Among the causes of prolonged labor are:-

- (1). **Babies that are too large for the birth canal**
- (2). **slow cervical thinning**
- (3). **carrying multiples.**

51. Among the cons of the C-section are:-

- (1). **increased risk of mother death,**
- (2). **surgical injury specially to the bladder or bowel**
- (3). **infection, specially to the lining of the uterus (endometritis) or to the wound**
- (4). **postpartum depression,**
- (5). **Hemorrhage; heavy bleeding during and after delivery.**
- (6). **Deep vein thrombosis.**
- (7). **repeated cesarean during future deliveries**
- (8). **a longer hospital stay (up to 5 days) and a longer recovery period**

52. Among the non-life-threatening illnesses from which the women suffer after labor are;-

- (1). **urinary incontinence,**
- (2). **uterine prolapse,**
- (3). **pain following poor repair of episiotomy**
- (4). **perineal tears,**
- (5). **nutritional deficiencies,**
- (6). **depression**
- (7). **puerperal psychosis,**
- (8). **mastitis.**

53. The three main causes of Neonatal mortality rate (NMR) according to WHO estimates are:-

- (1). **prematurity and low birth weight.**
- (2). **fetal hypoxia**
- (3). **neonatal infections**

54. Preterm and low birth weight babies are prone to the following complications:
- (1). **Feeding difficulty**
  - (2). **Low body temperature**
  - (3). **Jaundice**
  - (4). **Low glucose level**
  - (5). **Breathing difficulty; Newborn respiratory distress syndrome (NRDS) and apnoea**
55. Among the causes of low birth weight are:
- (1). **Poor growth in utero**
  - (2). **Preterm**
  - (3). **Preterm with poor growth in utero**
56. After delivery, many mothers are constipated due to:-
- (1). **decreased tone of the bowel during pregnancy,**
  - (2). **decreased food intake during labor**
  - (3). **presence of an episiotomy or painful hemorrhoids.**
57. Among the danger postnatal signs which the woman should go to the hospital *immediately* are:
- (1). **vaginal bleeding has increased**
  - (2). **fits**
  - (3). **fast or difficult breathing**
  - (4). **fever and too weak to get out of bed**
  - (5). **severe headaches with blurred vision**
  - (6). **calf pain, redness or swelling; shortness of breath or chest pain.**
58. Among the danger postnatal signs which the woman should go to the health center *as soon as possible* are:
- (1). **She should go to the health centre if she has any of the following signs:**
  - (2). **swollen, red or tender breasts or nipples**
  - (3). **problems urinating, or leaking**
  - (4). **increased pain or infection in the perineum**
  - (5). **infection in the area of the wound (redness, swelling, pain, or pus in wound site)**
  - (6). **smelly vaginal discharge**
  - (7). **severe depression or suicidal behavior (ideas, plan or attempt)**
- 2.1. Plan to improve the mother's life into a healthier life from pregnancy till menopause with stress on the advantages of breast feeding, along with correcting any misconception, myths and inaccuracies.
59. The iron intake of the pregnant mothers should be increased due to the following reasons:
- (1). **expansion of maternal tissues including RBCs**
  - (2). **iron content of placenta**
  - (3). **blood loss during parturition.**
  - (4). **build the iron store in fetal liver (at least 4-6 months after birth) because milk is deficient in iron.**
60. Pregnant women who are predominantly housebound or usually remain covered when outdoors should be supplemented with **vitamin D**
61. The daily intake of Folic acid in the pregnant women should be increased to **400** µg/day before **conception** and during the first **12** weeks of pregnancy to reduce the incidence of **neural tube defects** among newborns
62. Normal sodium intake during pregnancy should not fall below **2-3 g** daily.
63. Sodium is restricted during pregnancy when there is **edema** or **hypertension**.

64. Among the approaches used to relieve pregnancy **nausea and vomiting** are:-
- (1). **Small amounts of carbohydrate “biscuits or bananas”**
  - (2). **Rest but may be impractical**
  - (3). **Acupressure at (P6) point on the wrist** to block signals that trigger nausea and promote relaxation.
  - (4). **Vitamin B6 (pyridoxine) may reduce the severity of nausea**
  - (5). **Antihistaminics but their safety not extensively studied.**
65. Among the approaches used to relieve pregnancy **heartburn** are:-
- (1). **avoiding fatty or spicy foods,**
  - (2). **minimizing bending over or lying flat after eating.**
  - (3). **antacids “if diet modification does not relieve the symptoms”**
66. Hemorrhoids during pregnancy can be avoided through:-
- (1). **Avoiding constipation** by high-fiber diet, drinking water and regular exercise
  - (2). **Don't wait to go when you feel the urge** to have a bowel movement, and try not to strain.
  - (3). **Don't sit on the toilet longer** than necessary
  - (4). **Do Kegel exercises daily**
  - (5). **Don't sit or stand for long stretches** of time
67. Management of Pica cravings includes:-
- (1). **Monitoring vitamin & mineral intake specially iron**
  - (2). **Using substitutes such as chewing sugarless gum**
  - (3). **Informing someone to help to avoid non-food items**
68. The American Diabetes Association recommends screening for gestational diabetes in pregnant women with diabetes risk factors at the **first** antenatal visit. If the woman is diagnosed as non-diabetic, testing should be performed at the **24- 28th** week of gestation, but if she is diagnosed as GDM, she should be screened for persistent diabetes **6-12** weeks postpartum. Women with a history of GDM should undergo lifelong screening for diabetes every **3** years.
69. All pregnant women should seek immediate advice if they experience one of the following symptoms:
- (1). **severe headache**
  - (2). **problems with vision, such as blurring or flashing before the eyes**
  - (3). **vomiting**
  - (4). **sudden swelling of the face, hands or feet.**
  - (5). **severe pain just below the ribs**
70. Treatment of eclampsia aims to:
- (1). **prevent further convulsions, “IV magnesium sulfate“**
  - (2). **control the elevated blood pressure**
  - (3). **deliver the fetus.**
71. Among possible benefits of suctioning the mouth and nose of the newborn are:-
- (1). **improved air exchange,**
  - (2). **reduced likelihood of aspirating secretions,**
  - (3). **reduced acquisition of pathogens present in the amniotic fluid or birth canal.**

72. Among the advantages of breast feeding are:
- (1). **Nutritional benefits; composition of milk is the best suitable for infants**
  - (2). **Hormones and growth factors; such as Thyroid Stimulating Hormone (TSH), thyroxin, insulin, prolactin and growth regulating factors**
  - (3). **Immunological benefits; *Macrophages, lymphocytes, Lactoferrin, Immunoglobulins specially "Ig A"***
  - (4). **more fully developed Infants jaw "works harder to extract milk"**
  - (5). **Sterile, so less gastrointestinal problems.**
  - (6). **Always fresh and at the right temperature.**
  - (7). **Convenient to administer at any time.**
  - (8). **Low danger of incorrect formula or overfeeding.**
  - (9). **better cognition and IQ later in life compared to bottle fed babies.**
  - (10). **changes during a feeding, high in fat at the end of feeding**
  - (11). **less allergies**
  - (12). **Lower risk of some diseases such as diabetes, Crohn's Disease, Celiac Sprue, breast cancer and osteoporosis**
73. Milk production starts after removal of placenta due to the drop in the levels of **estrogen and progesterone** hormones which have antagonistic effect on the **prolactin** hormone.
74. When animal milk is given as a substitute of breast milk for infant who is not able to digest, it should be diluted using boiled water in the ratio of **3:1**.
75. Higher levels of **(1) protein (2)sodium (3)potassium** in cow's milk compared to human milk may increase the load on the infant's kidney.
76. Among signs of well attachment of the baby are:-
- (1). **The baby has a wide mouth and a large mouthful of breast.**
  - (2). **baby's chin is touching the breast, their lower lip is rolled down**
  - (3). **Baby's nose isn't squashed against the breast.**
  - (4). **The mother doesn't feel any pain in the breasts or nipples during baby feeding,**
77. Among the signs showing that babies are getting enough breast milk are:-
- (1). **The babies;** cheeks stay rounded "not hollow" during sucking, calm and relaxed during feeds, comes off the breast on their own at feeds end, appears satisfied after the feed
  - (2). **The mothers;** hear and/or see baby's swallowing, breasts feel softer after feeds, The nipple looks more or less the same after feeds "not flattened, pinched or white", may feel sleepy and relaxed after feeds.
  - (3). **The babies are gaining weight steadily**
  - (4). **The babies appear healthy and alert when they're awake.**
  - (5). **From the 4th day,** at least 2 soft, yellow stools the size of a £2 coin (about 12 g weight, 2.8 cm diameter) daily for the first few weeks.
  - (6). **Only 2-3 wet nappies,** in the first 48 hours, from 5th day onwards, more frequent wet nappies, with at least 6 heavy, wet nappies daily.
78. If baby crying is of acute onset, the followings may be suspected:
- (1). **Urinary tract infection**
  - (2). **Otitis media**
  - (3). **Raised intracranial pressure**
  - (4). **Hair tourniquet of fingers / toes**
  - (5). **Corneal foreign body / abrasion**
  - (6). **Incarcerated (irreducible) inguinal hernia**

79. WHO, in 2013 guidelines, recommends that all mothers and babies need at least four postnatal visits and checkups in the first 6 weeks with their schedule is as follows:
- (1). **First day (24 hours)**
  - (2). **Day 3 (48–72 hours)**
  - (3). **Between days 7–14**
  - (4). **Six weeks**
80. Bathing of the newborn should be delayed until **24** hours after birth but if is not possible due to cultural reasons, bathing should be delayed for at least **6** hours.
81. **Premature menopause** is menopause occurring before the age of 40 years
82. Sleep problems in the perimenopausal women can be caused by **night sweats** and **hot flashes** that occur at night.
83. Among lifestyle and home remedies that can reduce or prevent signs and symptoms associated with menopause are;-
- (1). **Cooling hot flashes;** Wearing lightweight, cotton clothing, Having a cold glass of water, Going somewhere cooler, Trying to find and avoid what triggers the hot flashes e.g. hot beverages, caffeine, spicy foods, alcohol, stress, hot weather and even a warm room.
  - (2). **Decreasing vaginal discomfort;** Using water-based vaginal lubricants, silicone-based lubricants or moisturizers, Avoiding products containing glycerin **that can cause burning or irritation in women who are sensitive to that chemical**, Staying sexually active helps by increasing blood flow to the vagina.
  - (3). **Practicing relaxation techniques;** deep breathing, paced breathing, massage and progressive muscle relaxation
  - (4). **Strengthening the pelvic floor** “Kegel exercises” can improve some forms of urinary incontinence.
  - (5). **Eating a balanced diet;** Including a variety of fruits, vegetables & whole grains, Limiting saturated fats, oils and sugars, calcium or vitamin D supplements to meet daily requirements.
  - (6). **Avoid smoking** because smoking increases the risk of heart disease, stroke, osteoporosis, cancer and a range of other health problems. Also, smoking increases hot flashes and bring on earlier menopause.
  - (7). **Exercising regularly** “on most days” protecting against heart disease, diabetes, osteoporosis and other conditions associated with aging.