



NATIONAL OPEN UNIVERSITY OF NIGERIA
PLOT 91, CADASTRAL ZONE, NNAMDI AZIKWE EXPRESS WAY, JABI, ABUJA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF NURSING SCIENCES
2025_2 EXAMINATIONS

PROGRAMME: BACHELOR OF NURSING SCIENCE
COURSE CODE: NSC309
COURSE TITLE: MATERNAL & CHILD HEALTH NURSING 1
COURSE CREDIT UNITS: 3 UNITS
TIME ALLOWED: 2 HOURS
TOTAL SCORE: 70 MARKS
INSTRUCTION: ANSWER ALL THE QUESTIONS

1. Mrs. Edet Gravida 1 Para 0 has been in labour for the past 11 hours. On vaginal examination, the cervical os is fully dilated, the head is crowned and the perineum distended.
 - a. With the aid of a well labeled diagram, describe the pelvic floor muscles.

Diagram (1mks)
Labeling (2mks)
Description (4mks) (Total= 7mks)
 - b. Mention six (6) muscles that may be damaged in a third degree tear (3mks)
 - c. As a midwife, how would you prevent these muscles from damaging? (10mks)
2. Mrs. Damy 22-year undergraduate reports to your centre with history of amenorrhoea of 8weeks duration. She claims not to have experienced such delay before since her menstrual cycle has always been regular.
 - a. Mention four (4) causes of amenorrhoea. (2mks)
 - b. What steps would you as a midwife employ to confirm pregnancy? (4mks)
 - c. Outline the benefits of Ante-natal visits to Damy. (8mks)
 - d. Briefly describe six (6) minor disorders you will likely educate her on. (6mks)
3. Puerperium is a period characterized by some physiological and psychological changes.
 - a. What is puerperium? (2mks)
 - b. Describe the physiological changes that occur under the following subheadings:
 - i Involution of the uterus (5mks)
 - ii Lochia (5mks)
 - iii Circulatory system (4mks)
 - iv Urinary system (4mks)
4. Midwifery, is a profession that is guided by rules and regulations of the professional body. Describe in details the legal roles for nurses in Maternal and Child Health (10mks)