



NATIONAL OPEN UNIVERSITY OF NIGERIA
PLOT 91, CADASTRAL ZONE, NNAMDI AZIKWE EXPRESS WAY, JABI, ABUJA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF NURSING SCIENCES
2025_1 EXAMINATION

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. To minimize the risk of maternal trauma and a safe delivery of the baby, episiotomy is given to the woman.
 - a. What is episiotomy? (2mks)
 - b. List six (6) indications for episiotomy (3mks)
 - c. Describe the four (4) types of episiotomy (12mks)
 - d. Mention six (6) advantages of giving episiotomy (3mks)
2. Every year, half a million women die of problems from pregnancy, childbirth, and unsafe abortion. Most of these deaths could be prevented by family planning.
 - a. Explain the concept of family planning? (5mks)
 - b. What are the benefits of family planning? (5mks)
 - c. Discuss the common side effects of and warning signs for problems with combined pills (10mks)
3. Mrs. Edet, Gravida 1 Para 0 has been in labour for the past 10hours. On vaginal examination, the cervical os is fully dilated, the head is crowned and the perineum distended.
 - a. Describe the four (4) stages of labour (10mks)
 - b. Identify and discuss on various pain management modalities used during labour (10mks)
4. Explain the management of the following minor disorders of pregnancy.
 - a. Varicose Veins and Leg Oedema
 - b. Constipation (5mks each; Total = 10mks)