

Public health

Archive

Lecture 11

Medical card

Name _____

Gender _____

Address _____

Date of call _____

Date of b _____

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Public health **Lecture 11**

1. All of the following are WHO advised PNC recommendation for the newborn, EXCEPT:

- A. The vernix on the babies' bodies not to be removed.
- B. To take the baby from their mothers; to let them rest.
- C. APGAR scoring to be done at 1 minute and again at 5 minutes after birth.
- D. Cord should be clamped within 1-3 minutes.
- E. Give Vit K prophylaxis within 24 hours.

Answer: B

2. Regarding contacts, all of the following are recommended by WHO's 2016 ANC Model, EXCEPT:

- A. A minimum 8 contacts.
- B. Contact 2 is done at 20 weeks of pregnancy.
- C. Contact 5 and 6 are done four weeks apart.
- D. The third trimester includes five contacts.
- E. The first contact should be done before 12 weeks of pregnancy.

Answer: C

3. One of the following is FALSE as per U/S scans during pregnancy:

- A. Early ultrasound is done before 24 weeks of pregnancy.
- B. Early ultrasound improves the maternal pregnancy experience.
- C. Twins can be detected during the early ultrasound scan.
- D. Late ultrasound is done to all women.
- E. Before 24 weeks gestation, fetal age can be more accurately determined

Answer: D

4. One of the following is TRUE about WHO's 2016 PNC Model recommendations:

- A. The majority of postnatal maternal deaths occur within the first 24 days.
- B. A total of 8 contacts is recommended.
- C. The second contact is done on day 7-14.
- D. The fourth contact is done on week 8 after delivery.
- E. Postpartum depression is assessed at the third visit.

Answer: E

5. You are in the delivery room, you watch the following measures are done to the newborn bring delivered, one of these practices is right to do as you learned in the public health course:

- A. The newborn is kept wet to make breathing easy.
- B. The cord is clamped and cut only after 15 minutes.
- C. The newborn is taken away from the mother during the first hour after delivery so she can rest.
- D. Vitamin K prophylaxis is given during the first 24 hour.
- E. First full clinical examination is done after one week.

Answer: D

6. Intrapartum (delivery) care for a positive childbirth experience involves all of the following, EXCEPT:

- A. Maintain privacy during delivery.
- B. Using medical language to communicate with the mother.
- C. The mother can choose a companion during delivery.
- D. The mother can choose the pain relief method during delivery.
- E. The mother is encouraged to move much during and after delivery.

Answer: B

7. WHO'S 2016 ANC Model recommends all of the following, EXCEPT:

- A. Daily oral 30 mg to 60 mg of elemental iron for pregnant women.
- B. Daily 4000 μg (40 mg) folic acid for pregnant women.
- C. Tetanus toxoid vaccination is recommended for all pregnant women.
- D. Once Hb is back in the normal range, the iron supplementation should continue.
- E. At every antenatal visit, a pregnant woman is asked about the use of smoking.

Answer: B

8. All of the following regarding WHO's recommendations on ANC for a positive pregnancy experience are true, EXCEPT:

- A. minimum eight contacts are recommended to reduce périnatal mortality.
- B. Daily oral iron and folic acid supplementation with 30 mg to 60 mg of elemental iron and 400 μg (0.4 mg) folic acid for pregnant.
- C. Tetanus toxoid vaccination is recommended for all pregnant women.
- D. Health-care providers should ask all pregnant women about their use of smoking, alcohol and other substances.
- E. Ultrasound is recommended every 2 months during pregnancy.

Answer: E

9. All of the following points regarding intrapartum care for a positive child birth experience are true, EXCEPT:

- A. Respect and dignity
- B. A companion of choice
- C. Clear communication by maternity staff
- D. Pain relief strategies
- E. discouraging the adoption of mobility during labor

Answer: E

10-Which of the following is NOT a correct recommendation for a pregnant woman?

- A) She should limit caffeine intake to less than 300 mg per day.
- B) She should focus on eating a healthy and nutritious diet.
- C) She should take antibiotics throughout pregnancy to prevent infections.
- D) She should follow her healthcare providers advice and attend regular prenatal visits.

C) She should take antibiotics throughout pregnancy to prevent infections.

11. Which of the following is wrong about contact in Antenatal Care (ANC)?

- A) Third trimester has 5 contacts
- B) Second contact after 20 weeks
- C) Fifth and sixth contacts after 20 weeks

C) Fifth and sixth contacts after 20 weeks

12-Which of the following is true about the tetanus vaccine?

- A) Give two doses during pregnancy, then the third dose after six months
- B) Give one dose during pregnancy, then two doses after childbirth
- C) The vaccine is only given after childbirth
- D) The vaccine is given every year during pregnancy

Answer: A