

*King saud university*  
*Nursing college*

*Maternity & child nursing care*  
*Post partum(362) practical Exam*

*Dr/salma moawed*

*By: C1. ABEEER*

*Key answer*

*Student name:*

*I.D NO:*

*Score: -----*

*35*

*1) Give reason:*

*1-it is important to avoid using of hot compress  
With Women have after pain? 1mark  
Because hot compress can cause sever bleeding*

*2-avoid food and product contain gases? 1mark  
Because it may transfer to baby when breast feeding and  
cause colic and abdominal gases for him .*

*3-the mother post partum should avoid vaginal  
douch? 1mark  
to prevent infection .*

*4-avoid tub bath for postpartum ? 1mark  
To prevent infection*

*5-the mother who has episiotomy avoid use  
codeine? 1maerk  
To prevent constipation*

2) *REMAH* plan to breast feed her new born discuss with her about:

*A) importance of breast feeding ? 5mark*

- a. *Breast feed babies are less prone to colic and diarrhea .*
- b. *Nursing speeds the return of the mother's uterus to normal size*
- c. *Breast feed easier than sterilizing bottles and preparing formula.*
- d. *Breast milk may protect babies from allergies as they get older.*
- e. *Breast feed protect mother from breast cancer.*

*B) care of breast before lactation? 2mark*

- 1- *wash and dry before breast feeding.*
- 2- *the mother should to set in comfortable position.*

*C) medication taken during lactation? 6mark*

<i>Name of drug</i>	<i>Side effect</i>
<i>a-oral contraceptive</i>	<i>May decrease or stop milk secretion</i>
<i>b-warfarin</i>	<i>Appears in breast milk,</i>
<i>c-erythromycin</i>	<i>Cause in GI flora ,allergies.</i>

3) *Mrs. Hudah* has deficit knowledge about nutrition what are your nursing role? 6mark

- a) *Increase protein to help healing process (meat, chicken,pean eggs).*
- b) *Increase iron to maintenance of maternal hemoglobin level (liver ,kidney, green vegetable ,fish).*
- c) *Increase Vit C to strong immune system ,help healing process and enhance absorption of iron (citrus fruit such as lemon and orange, tomatoes ,strawberry ).*
- d) *Increase fiber to prevent constipation (whole wheat,cereals, fruit and vegetables.*
- e) *Decrease caffeine causes irritability for baby*
- f) *Decrease spicy food and food and product contain gases.*

4) outline health assessment for newborn? 6mark

- a. Assess Head for any congenital anomalies and fontanel's should to open and there is no bulging or depress .....
- b. Assess eyes, ears are symmetry, nose is patent and mouth free from cleft palate and cleft lip .....
- c. Assess for heart sound irregularity and heart rate .....
- d. Assess abdomen soft and free from any abnormality .....
- e. Assess upper limbs and lower limbs symmetrical and five fingers are present .....
- f. Assess spine free from any abnormalities such as Scoliosis, Kyphosis and Lordosis.....

5) jawaher is prim Para, SVD and she has episiotomy and she want to know about types of exercise ?

**Immediately : 3mark**

- a- breathing exercise.
- b- leg exercise.
- c- breast exercise.

**after 4 weeks: 2mark**

- a- abdominal exercise.
- b- kegles exercise

😊 GOOD LUCK 😊