



**NATIONAL OPEN UNIVERSITY OF NIGERIA**  
**Plot 91, Cadastral Zone, Nnamdi Azikiwe Express Way, Jabi, Abuja, FCT**  
**Faculty of Health Sciences**  
**Department of Nursing Sciences**  
**2024 1 EXAMINATION**

**Programme: Bachelor of Nursing Science**

**Course Code: NSC309**

**Course Title – Maternal and Child Health Nursing I**

**Course Credit Units: 3**

**Time Allowed: 2 Hours**

**Total Score: 70%**

**Instruction: Answer All the Questions**

**Question 1**

The Nursing and Midwifery Council of Nigerian is the body that regulates the standards of nursing and Midwifery Education and Practice in Nigeria.

- a. State ten (10) main functions of this regulatory body **(10 marks)**
- b. i. Outline the specific roles of the International Confederation of Midwives (ICM) **(5 marks)**  
ii. State the composition of the Board of Nursing and Midwifery Council of Nigeria **(5 marks)**

**Question 2**

- a. With the aid of a well labelled diagram, describe the external structures of the fetal skull **(10 marks)**
- b. i. State the different diameters of the fetal skull **(4 marks)**  
ii. Explain the importance of the fetal skull in midwifery practice **(6 marks)**

**Question 3**

- a. i. Describe the various techniques employed by midwives for assessing maternal status during labour and childbirth **(9 marks)**  
ii. What are the signs of true labour? **(6 marks)**
- b. i. As a midwife, what psychological methods will you employ to relief labour pain? **(2 marks)**  
ii. Define episiotomy and list the indications for episiotomy **(5 marks)**  
iii. What are the benefits of family planning to:
  - The mother **(2 marks)**
  - The baby **(2 marks)**
  - The family **(2 marks)**
- iv. State four (4) common side effects of combined pills **(2 marks)**