QUESTIONNAIRE

Research title: Evaluating pharmacy students’ knowledge and skills in Reproductive, Maternal, New-born and Child Health Care at a South African university

Unique ID:_____________________

A. PERSONAL INFORMATION/ DEMOGRAPHCS (check as required)

1. AGE:
   - □ 20 - 30 years
   - □ 31 – 40 years
   - □ 41-50 years

2. GENDER:
   - □ Male
   - □ Female

3. PARENTAL STATUS:
   - □ Children
   - □ No children

4. LOCUMING :
   - □ Yes
   - □ No

1. IF YES, HOW LONG:
   - □ 1-2 years
   - □ > 3 years
B. KNOWLEDGE SECTION *(All questions are allocated one mark except otherwise indicated)*

**B.1 REPRODUCTIVE/SEXUAL HEALTH** *(Circle the correct answer or “I don’t know” if you are not sure of the correct answer. Also, fill the blank spaces with the correct answer or “I don’t know” if you are not sure of the correct answer)*

1. Which hormones are present in combined oral contraceptives?
   a. Eosstrogen and progestogen
   b. Testosterone and oxytocin
   c. Prolactin and thyroxin
   d. Prolactin and oxytocin
   e. I don’t know

2. Combined oral contraceptives should be started on which of the following days?
   a. Between day 1 and day 5 of the cycle
   b. At any time in the absence of pregnancy
   c. After day 5 of the cycle with additional precaution (barrier method) until 7 hormonal pills have been taken
   d. All of the above
   e. I don’t know

3. Which of the following contraceptive methods’ effectiveness relies on the client’s ability to use them correctly?
   a. Vasectomy
   b. Condoms
   c. IUD
   d. Sub-dermal implant
   e. I don’t know

4. Long acting reversible contraceptives (LARC) are defined as methods that require administration once in months or cycles. Which of the methods listed below fall within this definition?
   i. Copper IUD
   ii. Levonorgestrel releasing intrauterine system
   iii. Progestogen-only injectables
   iv. Sub-dermal progestogen implants
      a. All of the above
      b. None of the above
      c. ii and iii
      d. i and ii
      e. I don’t know

5. Emergency contraception is absolutely indicated after sexual intercourse in all of the following situations except which one?
   a. One pill forgotten or 3 hours late with sexual intercourse in the past 5 days
   b. Two pills forgotten during the first 7 active pills
   c. > 2 weeks late for Progestogen-only injections
   d. <2 weeks late for Progestogen-only injections
   e. I don’t know
6. The following information are important before emergency contraception is dispensed except which one?
   a. Date of the last menstrual period
   b. <120 hours since the last episode of unprotected intercourse
   c. How many hours of rest observed
   d. Exclusion of pregnancy
   e. I don’t know

7. Dual contraception is encouraged to prevent the transmission of ________________

8. Oral progestogen-only pills are
   a. Preferred postpartum during lactation
   b. In women over 35 years who smoke and have increased risk of cardiovascular
disease
   c. Disrupt the menstrual cycle
   d. All of the above
   e. I don’t know

9. Rifampicin, Lopinavir/Ritonavir, Nevirapine are enzyme inducers that interact with oral
   contraceptives to
   a. Reduce contraceptive effect
   b. Increase contraceptive effect
   c. Stabilize contraceptive effect
   d. Terminate contraceptive effect
   e. I don’t know

B.2 MATERNAL/ANTENATAL CARE (Circle the correct answer or “I don’t know” if you are not
sure of the correct answer. Also, fill the blank spaces with the correct answer or “I don’t know” if
you are not sure of the correct answer)

1. All non-pregnant women of reproductive age should be advised to commence
   periconceptual folic acid supplementation (women planning pregnancy). True or false or I
don’t know?

2. Every pregnant woman should have at least ____ antenatal clinic visits.
   a. 2
   b. 4
   c. 6
   d. 8
   e. I don’t know

3. State 4 lifestyle modifications required by a pregnant woman for a healthy pregnancy and
   baby? (4 marks)
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

4. State 4 signs that indicate a pregnancy is in danger. (4 marks)
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
5. When is ARV therapy initiated in newly diagnosed HIV positive pregnant women?
   a. Immediately HIV status is confirmed
   b. CD4 count <500 cells/mm³
   c. Viral load <1000 IU/ml
   d. Immediately after birth
   e. I don’t know

6. Which of the following is non-teratogenic?
   a. ACE inhibitors
   b. Vitamin A derivatives
   c. Statins
   d. None of the above
   e. I don’t know

7. Which of these factors influence the manifestation and severity of teratogenicity?
   a. Gestation period
   b. Dose and duration of therapy
   c. Degree of drug transfer across the placenta
   d. All of the above
   e. I don’t know

Please answer questions 17, 18 and 19 in the table below according to the instruction at the top of the table. (4 marks)

| Complaint      | State one cause in the blank cell.                      | Give one non-pharmacological treatment/prevention |
|----------------|---------------------------------------------------------|--------------------------------------------------|
| 8. Morning sickness | Reduced gastric motility/high hormonal levels           |                                                  |
| 9. Heartburn    |                                                        |                                                  |
| 10. Vaginal thrush | Alteration in pH balance/Candida albicans              |                                                  |
B.3 NEONATAL AND CHILD CARE (Circle the correct answer or “I don’t know” if you are not sure of the correct answer. Also, fill the blank spaces with the correct answer or “I don’t know” if you are not sure of the correct answer)

1. Exclusive breastfeeding (EBF) is defined as giving only breast milk to infants for the first ______ of life.
   a. 2 months
   b. 4 months
   c. 6 months
   d. 12 months
   e. I don’t know

2. An HIV exposed infant is one whose mother is HIV infected or whose HIV infection has not been confirmed or excluded. Which ARV medication is given to such infants at birth?

3. WHO recommends that HIV positive women who are on ART should exclusively breastfeed their babies. True or false?

4. Cracked nipples during breastfeeding is a result of which of the following?
   i. Poor positioning of the baby to the nipple
   ii. Incorrect attachment to the nipple
   iii. Removing the baby from the breast before suction is broken
   iv. Breastfeeding the baby while lying down
   a. All of the above
   b. i, ii, iii
   c. i and ii
   d. ii and iii
   e. I don’t know

5. The Expanded Program on Immunization (EPI) covers the major killer diseases of infancy. List three of such diseases. (3 marks)

6. How is diarrhea treated in infants and children?

7. Deworming agents are initially given to children at ____________, subsequently every ______.
   a. 6 months, 6 months
   b. 6 months, 12 months
   c. 12 months, 6 months
   d. 12 months, 12 months
   e. I don’t know

8. Outline one pharmacological and non-pharmacological treatment for diaper/nappy rash (2 marks)
   Pharmacological:
   Non-pharmacological:
9. Which of the following can be used in the treatment of mastitis?
   a. Apply warm compresses
   b. Drink plenty of clear fluids
   c. Panado
   d. Antibiotics
   e. All of the above
   f. I don’t know

C. SKILLS ASSESSMENT (Please give a brief explanation to each of the following questions or “I don’t know” if you are not sure of the correct answer)

1. Please explain how an infant’s (0-12 months) height is measured? (2 marks)

2. Should an infant be fully clothed or undressed during weight measurement? (1 mark)

3. How is an infant’s head circumference measured? (2 marks)

4. Why is an infant’s head circumference measured? (1 mark)

5. What is MUAC? (1 mark)

6. Why is MUAC measured? (1 mark)
D. UWC SOP MCH CURRICULUM CONTENT ASSESSMENT TOOL

Please put an X after any sub-topic that you have been exposed to in the course of your study at the School of Pharmacy.

Contraception:
- Contraceptive methods available in South Africa
- How the methods work
- Efficacy, when effective, duration of use
- Advantages and disadvantages
- Potential short term and long term effects
- Special precautions
- Possible problems to report
- Return to fertility
- Post coital contraception

Pre-pregnancy:
- Folic acid and iron supplementation provision for non-pregnant women of reproductive age in preparation for pregnancy
- HIV therapy provision for HIV positive non-pregnant women of reproductive age in preparation for pregnancy

Pregnancy care
- Lifestyle modifications for pregnant women
- Deworming agents during pregnancy
- Tetanus immunization protocols during pregnancy
- Treatment of infection (UTI, STIs, etc.)
- Importance of antenatal visits
- HIV treatment during pregnancy
- Provision of information on choices (abortion, adoption, etc.) in the case of unwanted pregnancy
- Maternal danger signs in pregnancy
- Medicines contraindicated in pregnancy
- Common conditions in pregnancy, management/treatment
- Role of pharmacists in pregnancy care

Post-natal care:
- Postpartum depression
- Suitable contraceptive methods
- Medicines contraindicated in lactating mothers
- Conditions associated with breastfeeding and treatment/management
Infancy and child care:

- Exclusive breastfeeding, its importance and complementary breastfeeding
- Breast milk substitutes (infant formula) and other complementary feeding options for infants
- Children immunisation protocols
- Infant and children vitamin supplementation
- Treatment of infections in children (HIV, malaria, pneumonia, etc.)
- Treatment of diarrhoea in children
- Improving of drinking water
- Deworming
- Medicines contraindicated in infants
- Common infant problems, management/treatment
- Role of pharmacists in infant care

Service Learning in Pharmacy (SLIP):

*Promote health and wellness*

- Exclusive breastfeeding
- Lifestyle and nutrition
- Safe sex practice
- Contraceptive use
- Handwashing, personal hygiene

*Drug administration*

- Nevirapine
- Oral rehydrate
- Vitamin A supplementation
- De-worming agent
- Advice when infant vomits therapy

*Road to Health Chart*

- Infant weight, height taken
- Interpret/ evaluate growth
- Immunisation protocol
- Assess infant’s dehydration status
* THE END, THANK YOU!!*