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38	A	B	C	D	E
39	A	B	C	D	E

PRACTICE QUESTIONS

Sharjah Health Authority (SHA)

MIDWI

Registered Midwife

Uploaded by Community A

EDITION

Original Demo

QUESTIONS

6

ISSUED

October 14, 2026

Before you begin

What this is

6 practice questions for Sharjah Health Authority (SHA) MIDWI , each with its answer key and an explanation. Answer a question before you read its key - the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, MIDWI
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

Licence

Free Mometrix practice demo. The complete question bank is available through a paid account.

QUESTION 1

SINGLE CHOICE

A primigravida at 9 weeks of gestation presents with persistent vomiting, inability to keep down oral fluids for 48 hours, weight loss of 5% of her pre-pregnancy weight and ketonuria. What is the most appropriate first-line management?

- ☐ A Dietary advice and reassurance
- ☐ B Outpatient oral antiemetic therapy and ginger supplements
- ☒ C Admission for intravenous fluid and electrolyte replacement with antiemetics
- ☐ D Termination of pregnancy

ANSWER C

WHY This woman meets the diagnostic criteria for hyperemesis gravidarum (persistent vomiting, dehydration, weight loss >5% and ketonuria). First-line management is hospital admission for intravenous rehydration with normal saline, correction of electrolytes (especially potassium), thiamine supplementation and parenteral antiemetics such as ondansetron or metoclopramide. Dietary advice alone is inadequate given the dehydration and weight loss.

QUESTION 2

SINGLE CHOICE

According to WHO recommendations, exclusive breastfeeding should continue for how long, with continued breastfeeding alongside complementary foods thereafter?

- ☐ A Up to 3 months of age
- ☐ B Up to 4 months of age
- ☒ C Up to 6 months of age
- ☐ D Up to 9 months of age

ANSWER C

WHY WHO recommends exclusive breastfeeding for the first 6 months of life, with continued breastfeeding up to 2 years and beyond alongside appropriate complementary foods.

QUESTION 3

SINGLE CHOICE

According to WHO recommendations, daily oral iron and folic acid supplementation is recommended for all pregnant women starting as early as possible. What is the recommended standard daily dose of elemental iron?

- ☒ **A** 30-60 mg elemental iron and 400 µg folic acid
- ☐ **B** 100-120 mg elemental iron and 1 mg folic acid
- ☐ **C** 10-20 mg elemental iron and 200 µg folic acid
- ☐ **D** 5 mg elemental iron and 50 µg folic acid

ANSWER A

WHY WHO recommends a standard daily dose of 30-60 mg of elemental iron and 400 µg (0.4 mg) of folic acid for all pregnant women to prevent maternal anaemia and neural tube defects. Higher doses are reserved for women with established anaemia.

QUESTION 4

MULTIPLE CHOICE

A 10-day-old breastfed infant is brought to the midwife because the mother reports the baby has had 8 wet nappies and 3 yellow, seedy stools in the past 24 hours. The baby is alert, has regained birth weight, and breastfeeds 8-10 times in 24 hours. Which two findings indicate that breastfeeding is going well? (Choose two.)

- ☒ **A** The baby has regained birth weight by day 10
- ☒ **B** The baby is feeding 8-10 times in 24 hours
- ☐ **C** The baby passes meconium on day 10
- ☐ **D** The baby has lost more than 10% of birth weight

ANSWER A • B

WHY Effective, established breastfeeding is characterised by regaining birth weight by approximately day 10-14, feeding on demand (typically 8-12 times in 24 hours), producing 6 or more wet nappies per day after day 5, and passing yellow seedy stools. Passing meconium on day 10 would be highly abnormal, and weight loss greater than 10% is a red flag for feeding problems requiring assessment.

QUESTION 5

SINGLE CHOICE

A term newborn is born apnoeic but with a heart rate of 80 beats per minute after a brief delay in breathing. After initial steps (warm, position, clear airways if needed, stimulate), what is the next appropriate action?

- ☒ **A** Begin positive-pressure ventilation with a bag and mask
- ☐ **B** Commence chest compressions at a ratio of 3:1
- ☐ **C** Administer intravenous adrenaline immediately
- ☐ **D** Discontinue resuscitation as the heart rate is detectable

ANSWER A

WHY Per neonatal resuscitation guidelines (aligned with NRP and WHO), if a newborn remains apnoeic or has a heart rate below 100 bpm after the initial steps, positive-pressure ventilation (PPV) with a bag and mask is the next step. Chest compressions are only started if the heart rate remains below 60 bpm despite effective ventilation.

QUESTION 6

SINGLE CHOICE

Before carrying out a recommended procedure during labour, what is the midwife's primary responsibility regarding consent?

- ☒ **A** Provide information about the procedure, its benefits, material risks, and reasonable alternatives, and respect the woman's decision
- ☐ **B** Obtain consent only after performing the procedure to prevent distress
- ☐ **C** Ask the woman to sign a form without explaining the procedure or alternatives
- ☐ **D** Proceed whenever the midwife believes the procedure is beneficial, regardless of the woman's wishes

ANSWER A

WHY Valid consent requires understandable information, an opportunity for questions, and respect for the woman's informed choice, including the option to decline. Signing a form without discussion or proceeding without respect for autonomy does not constitute appropriate consent.