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39	A	B	C	D	E

PRACTICE QUESTIONS

UAE Ministry Of Health And Prevention

MIDAS

Midwife Assistant

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for UAE Ministry Of Health And Prevention MIDAS , 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, MIDAS
- the question number
- the email address on your order

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

QUESTION 1 SINGLE CHOICE

A midwife assistant is preparing to perform hand hygiene before assisting with a vaginal examination. According to WHO hand hygiene recommendations, what is the minimum duration for rubbing hands with an alcohol-based handrub?

- ☐ A 10 seconds
- ☐ B 15 seconds
- ☒ C 20 to 30 seconds
- ☐ D 60 seconds

ANSWER C

WHY The WHO Hand Hygiene Technical Reference recommends rubbing hands with an alcohol-based handrub for 20 to 30 seconds covering all hand surfaces until dry. 10–15 seconds is too brief, and 60 seconds exceeds the recommended range.

QUESTION 2 SINGLE CHOICE

During which stage of labour does the midwife assistant correctly anticipate that the woman will experience the urge to push and that full cervical dilatation has occurred?

- ☐ A First stage — latent phase
- ☐ B First stage — active phase
- ☒ C Second stage
- ☐ D Third stage

ANSWER C

WHY The second stage of labour begins with full cervical dilatation (10 cm) and ends with the birth of the baby, during which the woman typically experiences the urge to push. The first stage covers cervical dilatation, and the third stage covers delivery of the placenta.

QUESTION 3 SINGLE CHOICE

Immediately after birth, what is the priority action for the midwife assistant when caring for a term newborn who is crying and has good tone?

- ☐ A Perform deep suction of the airway
- ☒ B Dry the baby thoroughly and place skin-to-skin on the mother's chest
- ☐ C Administer vitamin K injection
- ☐ D Weigh the baby before any other care

ANSWER B

WHY For a vigorous term newborn (crying with good tone) the priority is to provide warmth by drying and placing skin-to-skin with the mother, while supporting initiation of breathing. Routine deep suction is no longer recommended for vigorous babies; vitamin K and weighing are deferred to later routine care.

QUESTION 4 SINGLE CHOICE

A postpartum woman is found to have heavy bleeding, a soft (boggy) uterus that does not respond to uterine massage. The midwife assistant's priority action is to:

- ☐ A Document the findings and continue observation
- ☒ B Call for help, continue uterine massage, and alert the midwife/physician immediately
- ☐ C Encourage the mother to breastfeed and reassess in 30 minutes
- ☐ D Administer oral fluids and walk the mother to the toilet

ANSWER B

WHY Atonic postpartum haemorrhage (PPH) is an obstetric emergency. The midwife assistant must immediately call for help, perform continuous uterine massage, and escalate to the midwife or physician for further management (uterotonics, fluids, etc.). Waiting, encouraging oral fluids, or documenting alone would delay life-saving care.

QUESTION 5 SINGLE CHOICE

Within the first hour after birth, which breastfeeding position is most appropriate for a mother who has just had a caesarean section and is uncomfortable placing the baby on her abdomen?

- ☐ A Cradle hold
- ☐ B Cross-cradle hold
- ☒ C Football (under-arm) hold
- ☐ D Lying-down (side-lying) hold

ANSWER C

WHY The football/under-arm hold keeps the baby off the mother's abdomen and away from the caesarean incision, making it the most appropriate position in the early post-operative period. The lying-down hold is also possible, but among the listed options, the football hold is the standard recommendation after caesarean section.

QUESTION 6 SINGLE CHOICE

Which of the following is a danger sign during pregnancy that requires urgent referral?

- ☐ A Mild ankle oedema in the evening
- ☐ B Increased frequency of urination without other symptoms
- ☒ C Vaginal bleeding in the third trimester
- ☐ D Heartburn after a large meal

ANSWER C

WHY Vaginal bleeding in the third trimester is an obstetric danger sign suggestive of placenta praevia, placental abruption or other serious conditions, and requires urgent referral. Mild ankle oedema, increased urination and heartburn are common discomforts of pregnancy, not danger signs.

QUESTION 7

SINGLE CHOICE

When monitoring a postpartum woman, the midwife assistant documents the blood loss and uterine tone. Which observation would indicate a complication rather than a normal finding?

- ☐ A Lochia rubra on day 1 postpartum
- ☐ B A firm, well-contracted uterus at the level of the umbilicus
- ☒ C A boggy uterus that does not contract with massage
- ☐ D Mild after-pains during breastfeeding

ANSWER C

WHY A boggy (soft) uterus that does not respond to massage indicates uterine atony, the leading cause of primary postpartum haemorrhage, and is abnormal. Lochia rubra, a firm uterus at the umbilicus and after-pains during breastfeeding are all expected normal findings.

QUESTION 8

SINGLE CHOICE

A colleague of the midwife assistant asks for a patient's clinical file to 'just have a look'. According to professional standards of confidentiality, the correct response is to:

- ☐ A Hand over the file because colleagues are allowed to view it
- ☒ B Refuse access and remind the colleague that patient information is confidential and accessed only on a need-to-know basis
- ☐ C Photograph the relevant page and send it by mobile phone
- ☐ D Allow access only after the colleague promises not to tell anyone

ANSWER B

WHY Patient information is confidential and may only be accessed by staff directly involved in the patient's care on a need-to-know basis. Sharing records, photographing them or allowing informal access breaches patient confidentiality and the professional standards expected of healthcare staff in the UAE.

QUESTION 9

MULTIPLE CHOICE

Which of the following are responsibilities of the midwife assistant in relation to medication administration? (Choose two.)

- ☒ **A** Checking the prescription is legible and that the medication is due before administration
- ☐ **B** Independently prescribing oxytocin for a postpartum haemorrhage
- ☒ **C** Documenting the medication administered, dose, route and time
- ☐ **D** Choosing the drug and dose based on personal clinical judgment

ANSWER A • C

WHY The midwife assistant may administer prescribed medications after checking the prescription (right patient, drug, dose, route, time) and must accurately document what was given. Prescribing drugs and selecting drugs or doses independently are outside the scope of practice of an assistant and are unsafe.