6. When assessing a family for possible barriers to health care, the nurse would consider which factor to be most important?
A)Language
B) Health care workers attitudes
C) Transportation
D)Finances

7. After teaching a group of nursing students about the issue of informed consent. Which of the following, if identified by the student, would indicate an understanding of a violation of informed consent?
A)Performing a procedure on a 15-year-old without consent
B) Serving as a witness to the signature process
C) Asking whether the client understands what she is signing
D)Getting verbal consent over the phone for emergency procedures

8. The nurse is trying to get consent to care for an 11-year-old boy with diabetic ketoacidosis. His parents are out of town on vacation, and the child is staying with a neighbor. Which action would be the priority?
A)Getting telephone consent with two people listening to the verbal consent
B) Providing emergency care without parental consent
C) Contacting the childs aunt or uncle to obtain their consent
D)Advocating for termination of parental rights for this situation

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9. After teaching nursing students about the basic concepts of family-centered care, the instructor determines that the teaching was successful when the students state which of the following?
A)Childbirth affects the entire family, and relationships will change.
B) Families are not capable of making health care decisions for themselves.
C) Mothers are the family members affected by childbirth.
D)Childbirth is a medical procedure.

10.A nursing instructor is preparing a class discussion on the trends in health care and health care delivery
over the past several centuries. When discussing the changes during the past century, which of the
following would the instructor be least likely to include?
A) Disease prevention
B) Health promotion
C) Wellness
D) Analysis of morbidity and mortality

11.A nurse is assigned to care for an Asian American client. The nurse develops a plan of care with the
understanding that based on this clients cultural background, the client most likely views illness as which

11.When comparing community-based nursing with nursing in the acute care setting to a group of nursing
students, the nurse describes the challenges associated with community-based nursing. Which of the
following would the nurse include?
A) Increased time available for education
B) Improved access to resources
C) Decision making in isolation
D) Greater environmental structure

12.After teaching a group of students about the different levels of prevention, the instructor determines a need for additional teaching when the students identify which of the following as a secondary prevention level activity in community-based health care?
A) Teaching women to take folic acid supplements to prevent neural tube defects
B) Working with women who are victims of domestic violence
C) Working with clients at an HIV clinic to provide nutritional and CAM therapies
D) Teaching hypertensive clients to monitor blood pressure

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13.A nursing instructor is describing trends in maternal and newborn health care. The instructor addresses the length of stay for vaginal births during the past decade, citing that which of the following denotes the
average stay?
A) 2448 hours or less
B) 7296 hours or less
C) 4872 hours or less
D) 96120 hours or less

14. Which of the following statements is accurate regarding women's health care in todays system?
A) Women spend 95 cents of every dollar spent on health care.
B) Women make almost 90% of all health care decisions.
C) Women are still the minority in the United States.
D) Men use more health services than women.

15.A nurse is educating a client about a care plan. Which of the following statements would be appropriate to assess the clients learning ability?
A) Did you graduate from high school; how many years of schooling did you have?

B) Counseling a pregnant teen with anemia
C) Consulting with a parent of a child who is vomiting
D) Performing epidemiologic investigations

20.During class, a nursing student asks, I read an article that was talking about integrative medicine. What is that? Which response by the instructor would be most appropriate?

A) It refers to the use of complementary and alternative medicine in place of traditional therapies for a
condition.
B) It means that complementary and alternative medicine is used together with conventional therapies to
reduce pain or discomfort.
C) It means that mainstream medical therapies and complementary and alternative therapies are combined
based on scientific evidence for being effective.
D) It refers to situations when a client and his or her family prefer to use an unproven method of treatment
over a proven one.

21.While a nurse is obtaining a health history, the client tells the nurse that she practices aromatherapy. The nurse interprets this as which of the following?
A) Use of essential oils to stimulate the sense of smell to balance the mind and body
B) Application of pressure to specific points to allow self-healing
C) Use of deep massage of areas on the foot or hand to rebalance body parts
D) Participation in chanting and praying to promote healing.

22.A pregnant woman asks the nurse about giving birth in a birthing center. She says, I'm thinking about using one but I'm not sure. Which of the following would the nurse need to integrate into the explanation about this birth setting? (Select all that apply.)
A) An alternative for women who are uncomfortable with a home birth.
B) The longer length of stay needed when compared to hospital births
C) Focus on supporting women through labor instead of managing labor
D) View of labor and birth as a normal process requiring no intervention
E) Care provided primarily by obstetricians with midwives as backup care

23.A nurse practicing in the community is preparing a presentation for a group of nursing students about this practice setting. Which of the following would the nurse include as characteristic of this role?
A) Greater emphasis on direct physical care
B) Broader assessment to include the environment

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D) Vas deferens

11.The nurse is preparing an outline for a class on the physiology of the male sexual response. Which event would the nurse identify as occurring first?
A) Sperm emission
B) Penile vasodilation
C) Psychological release
D) Ejaculation

12.A woman comes to the clinic complaining that she has little sexual desire. As part of the clients evaluation, the nurse would anticipate the need to evaluate which hormone level?
A) Progesterone
B) Estrogen
C) Gonadotropin-releasing hormone
D) Testosterone

13.A nurse is conducting a class for a group of teenage girls about female reproductive anatomy and
physiology. Which of the following would the nurse include as an external female reproductive organ?
Select all that apply.
A) Mons pubis
B) Labia
C) Vagina
D) Clitoris
E) Uterus

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14.When describing the hormones involved in the menstrual cycle, a nurse identifies which hormone as
responsible for initiating the cycle?
A) Estrogen
B) Luteinizing hormone
C) Progesterone
D) Prolactin

15.A nursing instructor is describing the hormones involved in the menstrual cycle to a group of nursing
students. The instructor determines the teaching was successful when the students identify folliclestimulating hormone as being secreted by which of the following?
A) Hypothalamus
B) Anterior pituitary gland
C) Ovaries
D) Corpus luteum

C) Prothrombin time of 60 seconds
D) Serum cholesterol of 140 mg/dL

17.A nurse is preparing a class for a group of women at a family planning clinic about contraceptives. When describing the health benefits of oral contraceptives, which of the following would the nurse most likely include? (Select all that apply.)
A) Protection against pelvic inflammatory disease
B) Reduced risk for endometrial cancer
C) Decreased risk for depression
D) Reduced risk for migraine headaches
E) Improvement in acne

18.After teaching a group of students about the different methods for contraception, the instructor determines that the teaching was successful when the students identify which of the following as a mechanical barrier method? (Select all that apply.)
A) Condom
B) Cervical cap
C) Cervical sponge
D) Diaphragm
E) Vaginal ring

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19.After assessing a woman who has come to the clinic, the nurse suspects that the woman is experiencing dysfunctional uterine bleeding. Which statement by the client would support the nurses suspicions?
A) Ive been having bleeding on and on thats irregular and sometimes heavy.
B) I get sharp pain in my lower abdomen usually starting soon after my period comes.
C) I get really irritable and moody about a week before my period.
D) My periods have been unusually long and heavy lately.

20.After teaching a group of students about premenstrual syndrome, the instructor determines that additional teaching is needed when the students identify which of the following as a prominent assessment finding?
A) Bloating
B) Tension
C) Dysphoria
D) Weight loss

21.A nurse is describing the criteria needed for the diagnosis of premenstrual dysphoric disorder (PMDD). Which of the following would the nurse include as a mandatory requirement for the diagnosis?
A) Appetite changes
B) Sleep difficulties

ways to minimize lymphedema. Which suggestion would most likely increase the woman's symptoms?
A)Wear gloves when you are doing any gardening.
B) Have your blood pressure taken in your right arm.
C) Wear clothing with elasticized sleeves.
D)Avoid driving to and from work every day.

2. A laboratory technician arrives to draw blood for a complete blood count (CBC. for a client who had a right-sided mastectomy 8 hours ago. The client has an intravenous line with fluid infusing in her left antecubital space. To obtain the blood specimen, the technician places a tourniquet on the clients right arm. Which action by the nurse would be most appropriate?
A)Assist in holding the clients arm still.
B) Suggest a finger stick be done on one of the clients left fingers.
C) Tell the technician to obtain the blood sample from the clients left arm.
D)Call the surgeon to perform a femoral puncture.

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3. The nurse determines that a woman has implemented prescribed therapy for her fibrocystic breast disease when the client reports that she has eliminated what from her diet?
A)Caffeine
B) Cigarettes
C) Dairy products
D)Sweets

4. When assessing a client with suspected breast cancer, which of the following would the nurse expect to find?
A)Painful lump
B) Absence of dimpling
C) Regularly shaped mass
D)Nipple retraction

5. A woman who has undergone a right modified-radical mastectomy returns from surgery. Which nursing intervention would be most appropriate at this time?
A)Ask the client how she feels about having her breast removed.
B) Attach a sign above her bed to have BP, IV lines, and lab work in her right arm.
C) Encourage her to turn, cough, and deep breathe at frequent intervals.
D)Position her right arm below heart level.

A) Vomiting
B) Hair loss
C) Fatigue
D) Myelosuppression

12.A woman comes to the clinic reporting a nipple discharge. On examination, the area below the areola is red and slightly swollen, with tortuous tubular swelling. The nurse interprets these findings as suggestive of which of the following?
A) Fibrocystic breast disorder
B) Intraductal papilloma
C) Duct ectasia
D) Fibroadenoma

13. When performing a clinical breast examination, which would the nurse do first?
A) Palpate the axillary area.
B) Compress the nipple for a discharge.
C) Palpate the breasts.
D) Inspect the breasts.

14.Evaluation of a woman with breast cancer reveals that her mass is approximately 1.25 inches in diameter. Three adjacent lymph nodes are positive. The nurse interprets this as indicating that the woman has which stage of breast cancer?
A) 0
B) I
C) II
D) III

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15.After teaching a woman how to perform breast self-examination, which statement would indicate that the nurses instructions were successful?
A) I should lie down with my arms at my side when looking at my breasts.
B) I should use the fingerpads of my three middle fingers to apply pressure to my breast.
C) I don't need to check under my arm on that side if my breast feels fine.
D) I need to work from the center of my breast outward toward my shoulder.

16.A nurse is working with a woman who has been diagnosed with severe fibrocystic breast disease. When describing the medications that can be used as treatment, which of the following would the nurse be least likely to include?
A) Tamoxifen
B) Bromocriptine
C) Danazol
D) Penicillin

D) Insertion of the cytobrush

19.The plan of care for a woman diagnosed with a suspected reproductive cancer includes a nursing diagnosis of disturbed body image related to suspected reproductive tract cancer and impact on sexuality as evidenced by the clients statement that she is worried that she won't be the same. Which of the following would be an appropriate outcome for this client?
A) Client will verbalize positive statements about self and sexuality.
B) Client will demonstrate understanding of the condition and associated treatment.
C) Client will exhibit positive coping strategies related to diagnosis.
D) Client will identify misconceptions related to her diagnosis.

20.During a routine health check-up, a young adult woman asks the nurse about ways to prevent endometrial cancer. Which of the following would the nurse most likely include? (Select all that apply.)
A) Eating a high-fat diet
B) Having regular pelvic exams
C) Engaging in daily exercise
D) Becoming pregnant
E) Using estrogen contraceptives

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21.After teaching a group of students about cervical cancer, the instructor determines that the teaching was successful when the students identify which of the following as the area included with a cone biopsy?
A) Clitoris
B) Uterine fundus
C) Ovarian follicle
D) Transformation zone

22.A woman is scheduled for diagnostic testing to evaluate for endometrial cancer. The nurse would expect to prepare the woman for which of the following?
A) CA-125 testing
B) Transvaginal ultrasound
C) Pap smear
D) Mammography

23.A nurse is conducting a class for a local woman's group about recommendations for a Pap smear. One of the participants asks, At what age should a woman have her first Pap smear? The nurse responds by stating that a woman should have her first Pap smear at which age?
A) 18

Only positive signs of pregnancy would confirm a pregnancy. The positive signs of pregnancy confirm that a fetus is growing in the uterus. Visualizing the fetus by ultrasound, palpating for fetal movements, and hearing a fetal heartbeat are all signs that make the pregnancy a certainty. Absence of menstrual period and morning sickness are presumptive signs, which can be due to conditions other than pregnancy. Abdominal enlargement is a probable sign.

18.A nurse is developing a teaching plan about nutrition for a group of pregnant women. Which of the following would the nurse include in the discussion? (Select all that apply.)
A) Keep weight gain to 15 lb
B) Eat three meals with snacking
C) Limit the use of salt in cooking
D) Avoid using diuretics
E) Participate in physical activity
Feedback:
To promote optimal nutrition, the nurse would recommend gradual and steady weight gain based on the client's prepregnant weight, eating three meals with one or two snacks daily, not restricting the use of salt unless instructed to do so by the health care provider, avoiding the use of diuretics, and participating in reasonable physical activity daily.

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19.Assessment of a pregnant woman reveals that she compulsively craves ice. The nurse documents this finding as which of the following?
A) Quickening
B) Pica
C) Ballottement
D) Linea nigra
Feedback:
Pica refers to the compulsive ingestion of nonfood substances such as ice. Quickening refers to the mother's sensation of fetal movement. Ballottement refers to the feeling of rebound from a floating fetus when an examiner pushes against the woman's cervix during a pelvic examination. Linea nigra refers to the pigmented line that develops in the middle of the woman's abdomen.

20.A woman in her second trimester comes for a follow-up visit and says to the nurse, I feel like I'm on an emotional roller-coaster. Which response by the nurse would be most appropriate?
A) How often has this been happening to you?
B) Maybe you need some medication to level things out.
C) Mood swings are completely normal during pregnancy.
D) Have you been experiencing any thoughts of harming yourself?
Feedback:

Answer Key
1. C
2. D
3. C
4. A
5. B
6. D
7. B
8. D
9. A
10. C
11. A, D, F
12. D
13. B
14. C
15. A
16. A, C, D, E
17. C
18. B, D, E
19. B
20. C
21. D
22. A, B
23. D
24. C
25. B

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Chapter 12: Nursing Management During Pregnancy

1. A woman in the 34th week of pregnancy says to the nurse, I still feel like having intercourse with my husband. The woman's pregnancy has been uneventful. The nurse responds based on the understanding that:
A)It is safe to have intercourse at this time.
B) Intercourse at this time is likely to cause rupture of membranes.
C) There are other ways that the couple can satisfy their needs.
D)Intercourse at this time is likely to result in premature labor.
Feedback:

Having the presence and support of a valued partner during labor, engaging in exercise during pregnancy, viewing the birthing experience as a meaningful rather than stressful event, and a low anxiety level can promote a woman's ability to cope. Excessive anxiety may interfere with the labor progress, and fear of labor and loss of control may enhance pain perception, increasing the fear.

24.During a follow-up prenatal visit, a pregnant woman asks the nurse, How long do you think I will be in labor? Which response by the nurse would be most appropriate?
A) Its difficult to predict how your labor will progress, but well be there for you the entire time.
B) Since this is your first pregnancy, you can estimate it will be about 10 hours.
C) It will depend on how big the baby is when you go into labor.
D) Time isn't important; your health and the babys health are key.
Feedback:
It is difficult to predict how a labor will progress and therefore equally difficult to determine how long a woman's labor will last. There is no way to estimate the likely strength and frequency of uterine contractions, the extent to which the cervix will soften and dilate, and how much the fetal head will mold to fit the birth canal. We cannot know beforehand whether the complex fetal rotations needed for an efficient labor will take place properly. All of these factors are unknowns when a woman starts labor. Telling the woman an approximate time would be inappropriate because there is no way to determine the length of labor. It is highly individualized. Although fetal size and maternal and fetal health are important considerations, these responses do not address the woman's concern

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25.A nurse is describing how the fetus moves through the birth canal. Which of the following would the nurse identify as being most important in allowing the fetal head to move through the pelvis?
A) Sutures
B) Fontanelles
C) Frontal bones
D) Biparietal diameter
Feedback:
Sutures are important because they allow the cranial bones to overlap in order for the head to adjust in shape (elongate) when pressure is exerted on it by uterine contractions or the maternal bony pelvis. Fontanelles are the intersections formed by the sutures. The frontal bones, along with the parietal and occipital bones are bones of the cranium that are soft and pliable. The biparietal diameter is an important diameter that can affect the birth process.

Feedback:
Fetal tachycardia as evidenced by a fetal heart rate greater than 160 bpm accompanied by a decrease in variability and late decelerations is an ominous sign indicating the need for prompt intervention. The health care provider should be notified immediately and then measures should be instituted such as having the woman lie on her side and administering oxygen. In this instance, monitoring should be continuous to detect any further changes and evaluate the effectiveness of interventions.

10.A woman in labor has chosen to use hydrotherapy as a method of pain relief. Which statement by the woman would lead the nurse to suspect that the woman needs additional teaching?
A) The warmth and buoyancy of the water has a nice relaxing effect.
B) I can stay in the bath for as long as I feel comfortable.
C) My cervix should be dilated more than 5 cm before I try using this method.
D) The temperature of the water should be at least 105 F.
Feedback:
Hydrotherapy is an effective pain relief method. The water temperature should not exceed body temperature. Therefore, a temperature of 105° F would be too warm. The warmth and buoyancy has a relaxing effect and women are encouraged to stay in the bath as long as they feel comfortable. The woman should be in active labor with cervical dilation greater than 5 cm.

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11.A woman in labor received an opioid close to the time of birth. The nurse would assess the newborn for which of the following?
A) Respiratory depression
B) Urinary retention
C) Abdominal distention
D) Hyperreflexia
Feedback:
Opioids given close to the time of birth can cause central nervous system depression, including respiratory depression, in the newborn, necessitating the administration of naloxone. Urinary retention may occur in the woman who received neuraxial opioids. Abdominal distention is not associated with opioid administration. Hyporeflexia would be more commonly associated with central nervous system depression due to opioids.

12.When applying the ultrasound transducers for continuous external electronic fetal monitoring, at which location would the nurse place the transducer to record the FHR?
A) Over the uterine fundus where contractions are most intense
B) Above the umbilicus toward the right side of the diaphragm

21.A nurse is explaining the use of therapeutic touch as a pain relief measure during labor. Which of the following would the nurse include in the explanation?
A) This technique focuses on manipulating body tissues.
B) The technique requires focusing on a specific stimulus.
C) This technique redirects energy fields that lead to pain.
D) The technique involves light stroking of the abdomen with breathing.
Feedback:
Therapeutic touch is an energy therapy and is based on the premise that the body contains energy fields that lead to either good or ill health and that the hands can be used to redirect the energy fields that lead to pain. Attention focusing and imagery involve focusing on a specific stimulus. Massage focuses on manipulating body tissues. Effleurage involves light stroking of the abdomen in rhythm with breathing.

22.A group of nursing students are reviewing the various medications used for pain relief during labor. The students demonstrate understanding of the information when they identify which agent as the most commonly used opioid?
A) Butorphanol
B) Nalbuphine
C) Fentanyl
D) Meperidine
Feedback:
Of all of the synthetic opioids (butorphanol [Stadol], nalbuphine [Nubain], fentanyl [Sublimaze], and meperidine [Demerol]), meperidine is the most commonly used opioid for the management of pain during labor.

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23.A nurse is describing the different types of regional analgesia and anesthesia for labor to a group of pregnant women. Which statement by the group indicates that the teaching was successful?
A) We can get up and walk around after receiving combined spinalepidural analgesia.
B) Higher anesthetic doses are needed for patient-controlled epidural analgesia.
C) A pudendal nerve block is highly effective for pain relief in the first stage of labor.
D) Local infiltration using lidocaine is an appropriate method for controlling contraction pain.
Feedback:
When compared with traditional epidural or spinal analgesia, which often keeps the woman lying in bed, combined spinal-epidural analgesia allows the woman to ambulate ("walking epidural"). Patient-controlled epidural analgesia provides equivalent analgesia with lower anesthetic use, lower

rates of supplementation, and higher client satisfaction. Pudendal nerve blocks are used for the second stage of labor, an episiotomy, or an operative vaginal birth with outlet forceps or vacuum extractor. Local infiltration using lidocaine does not alter the pain of uterine contractions, but it does numb the immediate area of the episiotomy or laceration.

24.A nurse is completing the assessment of a woman admitted to the labor and birth suite. Which of the following would the nurse expect to include as part of the physical assessment? (Select all that apply.)
A) Current pregnancy history
B) Fundal height measurement
C) Support system
D) Estimated date of birth
E) Membrane status
F) Contraction pattern
Feedback:
As part of the admission physical assessment, the nurse would assess fundal height, membrane status and contractions. Current pregnancy history, support systems, and estimated date of birth would be obtained when collecting the maternal health history.

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25.A pregnant woman admitted to the labor and birth suite undergoes rapid HIV testing and is found to be HIV-positive. Which of the following would the nurse expect to include when developing a plan of care for this women? (Select all that apply.)
A) Administration of penicillin G at the onset of labor
B) Avoidance of scalp electrodes for fetal monitoring
C) Refraining from obtaining fetal scalp blood for pH testing
D) Adminstering zidovudine at the onset of labor.
E) Electing for the use of forceps-assisted delivery
Feedback:
To reduce perinatal transmission, HIV-positive women are given zidovudine (ZDV) (2 mg/kg IV over an hour, and then a maintenance infusion of 1 mg/kg per hour until birth) or a single 200-mg oral dose of nevirapine at the onset of labor; the newborn is given ZDV orally (2 mg/kg body weight every 6 hours) and should be continued for 6 weeks (Gardner, Carter, Enzman-Hines, & Hernandez, 2011). To further reduce the risk of perinatal transmission, ACOG and the U.S. Public Health Service recommend that HIV-infected women with plasma viral loads of more than 1,000 copies per milliliter be counseled regarding the benefits of elective cesarean birth (Reshi & Lone, 2010). Additional interventions to reduce the transmission risk would include avoiding use of scalp electrode for fetal monitoring or doing a scalp blood sampling for fetal pH, delaying amniotomy, encouraging formula feeding

C) Less than after a vaginal delivery
D) Saturated with clots and mucus

3. The nurse is developing a teaching plan for a client who has decided to bottle feed her newborn. Which of the following would the nurse include in the teaching plan to facilitate suppression of lactation?
A)Encouraging the woman to manually express milk
B) Suggesting that she take frequent warm showers to soothe her breasts
C) Telling her to limit the amount of fluids that she drinks
D)Instructing her to apply ice packs to both breasts every other hour

4. The nurse is making a follow-up home visit to a woman who is 12 days postpartum. Which of the following would the nurse expect to find when assessing the clients fundus?
A)Cannot be palpated
B) 2 cm below the umbilicus
C) 6 cm below the umbilicus
D)10 cm below the umbilicus

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5. A client who is breast-feeding her newborn tells the nurse, I notice that when I feed him, I feel fairly strong contraction-like pain. Labor is over. Why am I having contractions now? Which response by the nurse would be most appropriate?
A)Your uterus is still shrinking in size, thats why youre feeling this pain.
B) Let me check your vaginal discharge just to make sure everything is fine.
C) Your body is responding to the events of labor, just like after a tough workout.
D)The babys sucking releases a hormone that causes the uterus to contract.

6. When the nurse is assessing a postpartum client approximately 6 hours after delivery, which finding would warrant further investigation?
A)Deep red, fleshy-smelling lochia
B) Voiding of 350 cc
C) Heart rate of 120 beats/minute
D)Profuse sweating

7. A postpartum client who is bottle feeding her newborn asks, When should my period return? Which response by the nurse would be most appropriate?
A)Its difficult to say, but it will probably return in about 2 to 3 weeks.
B) It varies, but you can estimate it returning in about 7 to 9 weeks.
C) You won't have to worry about it returning for at least 3 months.
D)You don't have to worry about that now. It'll be quite a while.

B) Reality
C) Transition to mastery
D) Taking-hold

20.A group of nursing students are reviewing information about maternal and paternal adaptations to the birth of a newborn. The nurse observes the parents interacting with their newborn physically and emotionally. The nurse documents this as which of the following?
A) Puerperium
B) Lactation
C) Attachment
D) Engrossment

21.After teaching a group of nursing students about the process of involution, the instructor determines that additional teaching is needed when the students identify which of the following as being involved?
A) Catabolism
B) Muscle fiber contraction
C) Epithelial regeneration
D) Vasodilation

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22.A nurse is visiting a postpartum woman who delivered a healthy newborn 5 days ago. Which of the following would the nurse expect to find?
A) Bright red discharge
B) Pinkish brown discharge
C) Deep red mucus-like discharge
D) Creamy white discharge

23.A nurse teaches a postpartum woman about her risk for thromboembolism. Which of the following would the nurse be least likely to include as a factor increasing her risk?
A) Increased clotting factors
B) Vessel damage
C) Immobility
D) Increased red blood cell production

24.A nursing student is preparing a class presentation about changes in the various body systems during the postpartum period and their effects. Which of the following would the student include as influencing a postpartum woman's ability to void? (Select all that apply.)
A) Use of an opioid anesthetic during labor
B) Generalized swelling of the perineum
C) Decreased bladder tone from regional anesthesia
D) Use of oxytocin to augment labor

18. C
19. B
20. C
21. D
22. B
23. D
24. B, C, D
25. B
26. B
27. A

Chapter 16: Nursing Management During the Postpartum Period

1. A woman who is 12 hours postpartum had a pulse rate around 80 beats per minute during pregnancy. Now, the nurse finds a pulse of 60 beats per minute. Which of these actions should the nurse take?
A)Document the finding, as it is a normal finding at this time.
B) Contact the physician, as it indicates early DIC.
C) Contact the physician, as it is a first sign of postpartum eclampsia.
D)Obtain an order for a CBC, as it suggests postpartum anemia.

2. To decrease the pain associated with an episiotomy immediately after birth, which action by the nurse would be most appropriate?
A)Offer warm blankets.
B) Encourage the woman to void.
C) Apply an ice pack to the site.
D)Offer a warm sitz bath.

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3. A postpartum client has a fourth-degree perineal laceration. The nurse would expect which of the following medications to be ordered?
A)Ferrous sulfate (Feosol)
B) Methylergonovine (Methergine)
C) Docusate (Colace)
D)Bromocriptine (Parlodel)

4. Which statement would alert the nurse to the potential for impaired bonding between mother and newborn?
A)You have your daddys eyes.
B) He looks like a frog to me.
C) Where did you get all that hair?
D)He seems to sleep a lot.

5. After a normal labor and birth, a client is discharged from the hospital 12 hours later. When the community health nurse makes a home visit 2 days

16.The nurse is assessing a postpartum clients lochia and finds that there is about a 4-inch stain on the perineal pad. The nurse documents this finding as which of the following?
A) Scant
B) Light
C) Moderate
D) Large

17.When reviewing the medical record of a postpartum client, the nurse notes that the client has experienced a third-degree laceration. The nurse understands that the laceration extends to which of the following?
A) Superficial structures above the muscle
B) Through the perineal muscles
C) Through the anal sphincter muscle
D) Through the anterior rectal wall

18.A nurse is observing a postpartum client interacting with her newborn and notes that the mother is engaging with the newborn in the en face position. Which of the following would the nurse be observing?
A) Mother placing the newborn next to bare breast.
B) Mother making eye-to-eye contact with the newborn.
C) Mother gently stroking the newborns face.
D) Mother holding the newborn upright at the shoulder.

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19.After teaching a group of students about risk factors associated with postpartum hemorrhage, the instructor determines that the teaching was successful when the students identify which of the following as a risk factor? (Select all that apply.)
A) Prolonged labor
B) Placenta previa
C) Null parity
D) Hydramnios
E) Labor augmentation

20.A postpartum woman who is breast-feeding tells the nurse that she is experiencing nipple pain. Which of the following would be least appropriate for the nurse to suggest?
A) Use of a mild analgesic about 1 hour before breast-feeding
B) Application of expressed breast milk to the nipples
C) Application of glycerin-based gel to the nipples
D) Reinstruction about proper latching-on technique

21.A nurse is developing a teaching plan for a postpartum woman who is breast-feeding about sexuality and contraception. Which of the following would the nurse most likely include? (Select all that apply.)
A) Resumption of sexual intercourse about two weeks after delivery

6. C
7. B
8. C
9. C
10. B
11. A
12. C
13. A
14. A, D, E
15. C
16. B
17. C
18. B
19. B, D, E
20. A
21. B, C, E
22. B
23. B
24. B, D
25. B

Chapter 17: Newborn Transitioning

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1. When explaining how a newborn adapts to extrauterine life, the nurse would describe which body systems as undergoing the most rapid changes?
A)Gastrointestinal and hepatic
B) Urinary and hematologic
C) Respiratory and cardiovascular
D)Neurological and integumentary

2. A new mother reports that her newborn often spits up after feeding. Assessment reveals regurgitation. The nurse responds integrating understanding that this most likely is due to which of the following?
A)Placing the newborn prone after feeding
B) Limited ability of digestive enzymes
C) Underdeveloped pyloric sphincter
D)Relaxed cardiac sphincter

3. After teaching a class about hepatic system adaptations after birth, the instructor determines that the teaching was successful when the class identifies which of the following as the process of changing bilirubin from a fat-soluble product to a water-soluble product?
A)Hemolysis
B) Conjugation
C) Jaundice
D)Hyperbilirubinemia

B) Decreased oxygen needs
C) Hypoglycemia
D) Metabolic alkalosis
E) Jaundice

22.A group of nursing students are reviewing the changes in the newborns lungs that must occur to maintain respiratory function. The students demonstrate understanding of this information when they identify which of the following as the first event?
A) Expansion of the lungs
B) Increased pulmonary blood flow
C) Initiation of respiratory movement
D) Redistribution of cardiac output

23.A nurse is reviewing the laboratory test results of a newborn. Which result would the nurse identify as a cause for concern?
A) Hemoglobin 19 g/dL
B) Platelets 75,000/uL
C) White blood cells 20,000/mm3
D) Hematocrit 52%

24.A nursing instructor is preparing a class on newborn adaptations. When describing the change from fetal to newborn circulation, which of the following would the instructor most likely include? (Select all that apply.)
A) Decrease in right atrial pressure leads to closure of the foramen ovale.
B) Increase in oxygen levels leads to a decrease in systemic vascular resistance.
C) Onset of respirations leads to a decrease in pulmonary vascular resistance.
D) Increase in pressure in the left atrium results from increases in pulmonary blood flow.
E) Closure of the ductus venosus eventually forces closure of the ductus arteriosus.

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25.A nursing student is preparing a presentation on minimizing heat loss in the newborn. Which of the following would the student include as a measure to prevent heat loss through convection?
A) Placing a cap on a newborns head
B) Working inside an isolette as much as possible.
C) Placing the newborn skin-to-skin with the mother
D) Using a radiant warmer to transport a newborn

26.After teaching a group of nursing students about a neutral thermal environment, the instructor determines that the teaching was successful when the students identify which of the following as the newborns primary method of heat production?

A) Molding
B) Microcephaly
C) Caput succedaneum
D) Cephalhematoma

13.Assessment of a newborn reveals uneven gluteal (buttocks. skin creases and a clunk when Ortolanis maneuver is performed. Which of the following would the nurse suspect?
A) Slipping of the periosteal joint
B) Developmental hip dysplasia
C) Normal newborn variation
D) Overriding of the pelvic bone

14.The nurse strokes the lateral sole of the newborns foot from the heel to the ball of the foot when evaluating which reflex?
A) Babinski
B) Tonic neck
C) Stepping
D) Plantar grasp

15.The nurse administers vitamin K intramuscularly to the newborn based on which of the following
rationales?
A) Stop Rh sensitization
B) Increase erythropoiesis
C) Enhance bilirubin breakdown
D) Promote blood clotting

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16.The nurse is assessing the skin of a newborn and notes a rash on the newborns face, and chest. The rash consists of small papules and is scattered with no pattern. The nurse interprets this finding as which of the following?
A) Harlequin sign
B) Nevus flammeus
C) Erythema toxicum
D) Port wine stain

17.After teaching a group of nursing students about variations in newborn head size and appearance, the instructor determines that the teaching was successful when the students identify which of the following as a normal variation? (Select all that apply.)
A) Cephalhematoma
B) Molding
C) Closed fontanels
D) Caput succedaneum
E) Posterior fontanel diameter 1.5 cm

18.A nurse is preparing a presentation for a group of young adult pregnant women about common infections and their effect on pregnancy. When describing the infections, which infection would the nurse include as the most common congenital and perinatal viral infection in the world?
A) Rubella
B) Hepatitis B
C) Cytomegalovirus
D) Parvovirus B19

19.A pregnant woman asks the nurse, I'm a big coffee drinker. Will the caffeine in my coffee hurt my baby? Which response by the nurse would be most appropriate?
A) The caffeine in coffee has been linked to birth defects.
B) Caffeine has been shown to cause growth restriction in the fetus.
C) Caffeine is a stimulant and needs to be avoided completely.
D) If you keep your intake to less than 300 mg/day, you should be okay.

20.A neonate born to a mother who was abusing heroin is exhibiting signs and symptoms of withdrawal.
Which of the following would the nurse assess? (Select all that apply.)
A) Low whimpering cry
B) Hypertonicity
C) Lethargy
D) Excessive sneezing
E) Overly vigorous sucking
F) Tremors

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21.A nurse has been invited to speak at a local high school about adolescent pregnancy. When developing the presentation, the nurse would incorporate information related to which of the following? (Select all that apply.)
A) Peer pressure to become sexually active
B) Rise in teen birth rates over the years.
C) Latinas as having the highest teen birth rate
D) Loss of self-esteem as a major impact
E) Majority of teen pregnancies in the 1517-year-old age group

22.A nurse is counseling a pregnant woman with rheumatoid arthritis about medications that can be used during pregnancy. Which drug would the nurse emphasize as being contraindicated at this time?
A) Hydroxychloroquine
B) Nonsteroidal anti-inflammatory drug
C) Glucocorticoid
D) Methotrexate

23.A nurse is preparing a teaching program for a group of pregnant women about preventing infections during pregnancy. When describing measures for

Chapter 22: Nursing Management of the Postpartum Woman at Risk

1. Review of a primiparous woman's labor and birth record reveals a prolonged second stage of labor and extended time in the stirrups. Based on an interpretation of these findings, the nurse would be especially alert for which of the following?
A)Retained placental fragments
B) Hypertension
C) Thrombophlebitis
D)Uterine subinvolution

2. As part of an inservice program, a nurse is describing a transient, self-limiting mood disorder that affects mothers after childbirth. The nurse correctly identifies this as postpartum:
A)Depression
B) Psychosis
C) Bipolar disorder
D)Blues

3. A woman who is 2 weeks postpartum calls the clinic and says, My left breast hurts. After further assessment on the phone, the nurse suspects the woman has mastitis. In addition to pain, the nurse would assess for which of the following?
A)An inverted nipple on the affected breast
B) No breast milk in the affected breast
C) An ecchymotic area on the affected breast
D)Hardening of an area in the affected breast

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4. A group of students are reviewing the causes of postpartum hemorrhage. The students demonstrate
understanding of the information when they identify which of the following as the most common cause?
A)Labor augmentation
B) Uterine atony
C) Cervical or vaginal lacerations
D)Uterine inversion

5. After presenting a class on measures to prevent postpartum hemorrhage, the presenter determines that the teaching was successful when the class states which of the following as an important measure to prevent postpartum hemorrhage due to retained placental fragments?
A)Administering broad-spectrum antibiotics
B) Inspecting the placenta after delivery for intactness
C) Manually removing the placenta at delivery
D)Applying pressure to the umbilical cord to remove the placenta

6. A multipara client develops thrombophlebitis after delivery. Which of the following would alert the nurse to the need for immediate intervention?

C) Preeclampsia
D) Infection

14. Which of the following would alert the nurse to suspect that a preterm newborn is in pain?
A) Bradycardia
B) Oxygen saturation level of 94%
C) Decreased muscle tone
D) Sudden high-pitched cry

15.When describing newborns with birth-weight variations to a group of nursing students, the instructor
identifies which variation if the newborn weighs 5.2 lb at any gestational age?
A) Small for gestational age
B) Low birth weight
C) Very low birth weight
D) Extremely low birth weight

16.A nurse is assessing a newborn who has been classified as small for gestational age. Which of the following would the nurse expect to find? (Select all that apply.)
A) Wasted extremity appearance
B) Increased amount of breast tissue
C) Sunken abdomen
D) Adequate muscle tone over buttocks
E) Narrow skull sutures

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17.The nurse is reviewing the medical record of a newborn born 2 hours ago. The nurse notes that the newborn was delivered at 35 weeks gestation. The nurse would classify this newborn as which of the following?
A) Preterm
B) Late preterm
C) Full term
D) Postterm

18.A nursing instructor is describing common problems associated with preterm birth. When describing the preterm newborns risk for perinatal asphyxia, the instructor includes which of the following as contributing to the newborns risk? (Select all that apply.)
A) Surfactant deficiency
B) Placental deprivation
C) Immaturity of the respiratory control centers
D) Decreased amounts of brown fat
E) Depleted glycogen stores

19.After determining that a newborn is in need of resuscitation, which of the following would the nurse do first?
A) Dry the newborn thoroughly
B) Suction the airway
C) Administer ventilations
D) Give volume expanders

20.A nurse is developing a plan of care for a preterm infant experiencing respiratory distress. Which of the following would the nurse be least likely to include in this plan?
A) Stimulate the infant with frequent handling.
B) Keep the newborn in a warmed isolette.
C) Administer oxygen using a oxygen hood.
D) Give gavage or continous tube feedings.

21.A nurse suspects that a preterm newborn is having problems with thermal regulation. Which of the
following would support the nurses suspicion? (Select all that apply.)
A) Shallow, slow respirations
B) Cyanotic hands and feet
C) Irritability
D) Hypertonicity
E) Feeble cry

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22.The nurse is assessing a preterm newborns fluid and hydration status. Which of the following would alert the nurse to possible overhydration?
A) Decreased urine output
B) Tachypnea
C) Bulging fontanels
D) Elevated temperature

23.The nurse is assessing a preterm newborn who is in the neonatal intensive care unit (NICU. for signs and symptoms of overstimulation. Which of the following would the nurse be least likely to assess?
A) Increased respirations
B) Flaying hands
C) Periods of apnea
D) Decreased heart rate

24.A group of nursing students are reviewing the literature in preparation for a class presentation on newborn pain prevention and management. Which of the following would the students be most likely to find about this topic?
A) Newborn pain is frequently recognized and treated
B) Newborns rarely experience pain with procedures