A close-up of a coin

Description automatically generated with low confidence

Philadelphia University

School of Nursing

Maternal Health Nursing MidTerm Exam

Second Semester

2021/2022

**Date: 22/5/2022**

**Time: 1 hrs.**

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| **Student’s information** |
| **Name of Student:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Registration Number:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Course Coordinator:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   |  |  |  |  | | --- | --- | --- | --- | | **Questions** | **Number of Questions** | **Actual Marks** | **Obtained Marks** | | Multiple choices | 33 |  |  | | Total | 1 |  |  |   **Number of Pages of the Exam** = (7) pages  **Obtained Marks** = --------------------------------------------------------------- |

* **Circle the correct answer:**

1. **The nurse would recommend the use of which supplement as a primary prevention strategy to prevent neural tube defects in the future offspring of pregnant women?**
2. calcium
3. folic acid
4. vitamin C
5. iron
6. **A nurse is engaged in providing family-centered care for a woman and her family. The nurse is providing instrumental support with which activity?**
7. explaining to the woman and family what to expect during the birth process
8. assisting the woman in breathing techniques to cope with labor contractions
9. reinforcing the woman's role as a mother after birth
10. helping the family obtain extra financial help for prescribed phototherapy
11. **The nurse is conducting a presentation for a young adult community group about fetal development and pregnancy. The nurse determines that the teaching was successful when the group identifies that the sex of offspring is determined at which time?**
12. during meiosis cell division
13. at fertilization
14. when the morula forms
15. at the end of the fifth months pregnancy
16. **During a prenatal visit, a pregnant woman says, "I know the amniotic fluid is important, but can you tell me more about it?" When describing amniotic fluid to a pregnant woman, which description would the nurse most likely include?**
17. "This fluid acts as transport mechanism for oxygen and nutrients."
18. "The fluid is mostly protein to provide nourishment to your baby."
19. "This fluid acts as a cushion to help to protect your baby from injury."
20. "The amount of fluid remains fairly constant throughout the pregnancy."
21. **A couple comes to the clinic for preconception counseling and care. As part of the visit, the nurse teaches the couple about fertilization and initial development, stating that the zygote formed by the union of the ovum and sperm consists of how many chromosomes?**
22. 22
23. 23
24. 44
25. 46
26. **After teaching a pregnant woman about the hormones produced by the placenta, the nurse determines that the teaching was successful when the woman identifies which hormone produced as being the basis for pregnancy tests?**
27. human placental lactogen (hPL)
28. estrogen (estriol)
29. progesterone (progestin)
30. human chorionic gonadotropin (hCG)
31. **When describing genetic disorders to a group of couples planning to have children, the nurse would identify which as an example of an autosomal dominant inheritance disorder?**
32. Huntington disease
33. sickle cell disease
34. phenylketonuria
35. cystic fibrosis
36. **After reviewing fetal development with nurse students, the nurse determines that the teaching was successful when the group identifies which barrier to other sperm after fertilization?**
37. zona pellucida
38. zygote
39. cleavage
40. morula
41. **A pregnant woman undergoes maternal serum alpha-fetoprotein (MSAFP) testing at 16 to 18 weeks' gestation. What would the nurse suspect if the woman's level is increased?**

A. Down syndrome

B. sickle-cell anemia

C. cardiac defects

D. open neural tube defect

1. **When describing the structures involved in fetal circulation to a pregnant woman, the nurse describes which structure as the opening between the right and left atrium?**
2. ductus venosus
3. foramen ovale
4. ductus arteriosus
5. umbilical artery
6. **One of the following conditions is not an autosomal recessive disorder:**

A. cystic fibrosis

B. phenylketonuria

C. Tay-Sachs disease

D. polycystic kidney disease

1. **While talking with a pregnant woman who has undergone genetic testing, the woman informs the nurse that her baby will be born with Down syndrome. The nurse understands that Down syndrome is an example of a:**

A. multifactorial inheritance.

B. X-linked recessive inheritance.

C. trisomy numeric abnormality.

D. chromosomal deletion.

1. **A woman has just given birth to a healthy term newborn. Upon assessing the umbilical cord, the nurse would identify what findings as normal?**
2. two veins
3. one artery
4. two arteries
5. one ligament
6. **During a prenatal class for a group of new mothers, the nurse is describing the hormones produced by the placenta. All the following hormones are produced by placenta EXCEPT:**

A. prolactin

B. estriol

C. relaxin

D. progestin

E. human chorionic somatomammotropin

1. **Which of the following is not a fetal development stage?**

A. placental

B. pre-embryonic

D. embryonic

E. fetal

1. **A client asks about a child inheriting an autosomal recessive disorder. What must occur for an offspring to demonstrate signs and symptoms of the disorder with this type of inheritance?**

A. Both parents must be carriers.

B. One parent must have the disease.

C. One parent, usually the mother, must be a carrier.

D. One parent, usually the father, must not be a carrier or have the disease.

1. **During a vaginal exam, the nurse notes that the lower uterine segment is softened. The nurse documents this finding as:**

A. Hegar sign.

B. Goodell sign.

C. Chadwick sign.

D. Ortolani sign.

1. **The nurse teaches a primigravida client that lightening occurs about 2 weeks before the onset of labor. What will the mother likely experience at that time?**

A. dysuria

B. dyspnea

C. constipation

D. urinary frequency

1. **In a client's seventh month of pregnancy, she reports feeling "dizzy, like I'm going to pass out, when I lie down flat on my back." The nurse explains that this is due to:**

A. pressure of the gravid uterus on the vena cava.

B. a 50% increase in blood volume.

C. physiologic anemia due to hemoglobin decrease.

D. pressure of the presenting fetal part on the diaphragm.

1. **The nurse is discussing the insulin needs of a primiparous client with diabetes who has been using insulin for the past few years. The nurse informs the client that her insulin needs will increase during pregnancy based on the nurse's understanding that the placenta produces:**

A. hCG, which increases maternal glucose levels.

B. hPL, which deceases the effectiveness of insulin.

C. estriol, which interferes with insulin crossing the placenta.

D. relaxin, which decreases the amount of insulin produced.

1. **A nurse strongly encourages a pregnant client to avoid eating swordfish and tilefish because these fish contain which component?**

A. excess folic acid, which could increase the risk for neural tube defects

B. mercury, which could harm the developing fetus if eaten in large amounts

C. lactose, which leads to abdominal discomfort, gas, and diarrhea

D. low-quality protein that does not meet the woman's requirements

1. **Which change in the musculoskeletal system would the nurse mention when teaching a group of pregnant women about the physiologic changes of pregnancy?**

A. ligament tightening

B. decreased swayback

C. increased lordosis

D. joint contraction

1. **Assessment of a pregnant woman reveals a pigmented line down the middle of her abdomen. The nurse documents this as which finding?**

A. linea nigra

B. striae gravidarum (stretch marks)

C. melasma (cholasma)

D. vascular spiders

1. **A nurse is assessing a pregnant woman on a routine checkup. When assessing the woman's gastrointestinal tract, the nurse would expect the followings EXCEPT:**

A. hyperemic gums

B. increased peristalsis

C. reports of bloating

D. heartburn

E. nausea

1. **A woman suspecting she is pregnant asks the nurse about which signs would confirm her pregnancy. The nurse would explain that which sign would confirm the pregnancy?**

A. absence of menstrual period

B. abdominal enlargement

C. palpable fetal movement

D. morning sickness

1. **Assessment of a pregnant woman reveals that she compulsively craves ice. The nurse documents this finding as:**

A. quickening.

B. pica.

C. ballottement.

D. linea nigra.

1. **A nurse is assessing a client who may be pregnant. The nurse reviews the client's history for presumptive signs. Which signs would the nurse most likely note?**
2. amenorrhea
3. abdominal enlargement
4. Braxton-Hicks contractions
5. fetal heart sounds
6. **A woman is at 20 weeks' gestation. The nurse would expect to find the fundus at which area?**

A. just above the symphysis pubis

B. midway between the pubis and umbilicus

C. at the level of the umbilicus

D. midway between the umbilicus and xiphoid process

1. **A woman in her second trimester comes to the clinic for a routine follow-up visit. The woman's prepregnancy blood pressure was 112/70 mm Hg. On this visit, the woman's blood pressure is 104/64 mm Hg. The nurse would interpret this finding as suggestive of which event**?

A. A normal pregnancy finding secondary to progesterone effects

B. Indication that the woman is experiencing orthostatic hypotension

C. Signal that the woman is developing gestational hypertension

D. Sign that the woman is anemic

1. **A nurse is conducting a class for a group of pregnant women in their first trimester about the emotional responses that occur during pregnancy. Which response would the nurse identify as being seen commonly during the second trimester?**

A. Introversion

B. Ambivalence

C. Acceptance

D. Emotional balance

1. **On the first prenatal visit, examination of the woman's internal genitalia reveals a bluish coloration of the cervix and vaginal mucosa. The nurse documents this finding as:**

A. Hagar sign.

B. Goodall sign.

C. Chadwick sign.

D. Homans sign.

1. **A client who is 4 months pregnant is at the prenatal clinic for her initial visit. Her history reveals she has 7-year-old twins who were born at 34 weeks' gestation, a 2-year-old son born at 39 weeks' gestation, and a spontaneous abortion (miscarriage) 1 year ago at 6 weeks' gestation. Using the GTPAL method, the nurse would document her obstetric history as:**

A. 3 2 1 0 3.

B. 3 1 2 2 3.

C. 4 1 1 1 3.

D. 4 2 1 3 1.

1. **A client's last menstrual period was April 11. Using the Naegele rule, her estimated date of delivery (EDD) would be:**

A. January 4.

B. January 18.

C. January 25.

D. February 24.