

# **ATI Maternity**

## **Proctored Exam**

### **Version-1**

**A nurse is collecting data from a client who is 12 hr postpartum following a spontaneous vaginal delivery. The nurse should expect to find the uterine fundus at which of the following positions on the client's abdomen?**

At the level of the umbilicus

Within 12 hr, the fundus should rise to the level of the umbilicus and then recede 1 to 2 cm each day.

**A nurse is caring for a client who is 4 hr postpartum. The nurse finds a small amount of lochia rubra on the client's perineal pad. The fundus is midline and firm at the umbilicus. Which of the following actions should the nurse take?**

Perform fundal massage

The nurse notes that the fundus is midline and firm; therefore, fundal massage is not indicated at this time.

**A nurse is preparing to palpate the uterine fundus of a client who is at 22 weeks of gestation to measure fundal height. At which of the following locations should the nurse expect to find the fundus?**

At the umbilicus

At 22 weeks of gestation, the fundal height should be around the level of the umbilicus. The distance in centimeters from the symphysis pubis to the top of the fundus is a rough estimate of gestational age.

**A nurse is caring for a client in the prenatal clinic who is at 7 weeks of gestation. The client reports urinary frequency and asks the nurse if this will continue throughout her pregnancy. Which of the following responses by the nurse is appropriate?**

"No, it should only last until about your 12th week, but it will return near the end of the pregnancy."

Urinary frequency usually disappears at about 12 weeks of gestation but returns near term as the enlarging uterus presses on the bladder. It can also worsen following fetal descent.

**A nurse in a prenatal clinic overhears a newly licensed nurse discussing conception with a client. Which of the following statements by the newly licensed nurse requires intervention by the nurse?**

**"Implantation occurs between two and three weeks after conception."**

This statement requires clarification because implantation follows conception within 6 to 10 days.

**A nurse in a prenatal clinic is caring for a client who is at 12 weeks of gestation. The client asks about the cause of her heartburn. Which of the following responses should the nurse make?**

Increased progesterone production causes decreased motility of smooth muscle.

Increased progesterone production causes a relaxation of the cardiac sphincter and delayed gastric emptying, which can result in heartburn.

**A nurse is preparing to auscultate fetal heart tones for a client who is pregnant. Using Leopold maneuvers, the nurse palpates a round, firm, moveable part in the fundal portion of the uterus and a long, smooth surface on the mother's right side. In which of the following maternal quadrants should the nurse auscultate fetal heart tones?**

**Right upper quadrant**

Fetal heart tones are best auscultated directly over the location of the fetal back, which, in this breech presentation, is in the right upper quadrant.

**A nurse is caring for a client who is pregnant and undergoing a nonstress test. The nurse records the FHR as 130 to 150/min, with no fetal movement for 15 min. Which of the following actions should the nurse take?**

**Apply vibroacoustic stimulation to the woman's abdomen.**

This technique is sometimes used with a nonstress test to stimulate a fetal response. A sound source, typically a laryngeal stimulator, is applied to the client's abdomen over the fetal head for 3 seconds.

**A nurse is reinforcing teaching with a client at her first prenatal visit about expected changes during gestation. (Move the steps into the box on the right, placing them in the selected order of occurrence from earliest to latest in gestation. Use all the steps.)**

Breast tenderness

Nausea and vomiting

Goodell's sign

Quickening

Striae gravidarum

**A nurse in a prenatal clinic is determining a client's estimated date of delivery using Naegele's rule. The first day of her last menstrual period was May 4. Which of the following dates should the nurse tell the client is her estimated date of delivery?**

February 11

Using Naegele's rule to calculate the client's estimated date of delivery, the nurse should subtract 3 calendar months and add 7 days to the client's first day of her last menstrual period. The nurse should calculate February 11th as the estimated date of delivery for this client.

**A nurse is reinforcing teaching with a client who is in labor about why epidural anesthesia is not initiated until a good labor pattern has been established. Which of the following explanations should the nurse include?**

"Given too soon, epidural anesthesia can prolong labor."

Progress in labor slows when clients are given anesthesia before the active phase of labor. The medication depresses the central nervous system, thus it will take longer for the cervix to dilate and efface.

**A nurse is reinforcing nutrition teaching with a client during the first prenatal visit. Which of the following statements by the client indicates an understanding of the teaching?**

"I can eat 12 to 18 ounces of albacore tuna weekly."

Women should be instructed to limit their intake of commercially caught “white tuna” or albacore tuna and tuna steaks to 6 ounces per week because they contain high levels of mercury.

**A nurse is collecting data from a client who is 3 hr postpartum. The nurse notes that the client’s fundus is displaced to the right of midline, is firm, and is two fingerbreadths above the umbilicus. Which of the following actions should the nurse take?**

Have the client urinate.

A full bladder displaces the uterine fundus and elevates it above the level of the umbilicus. Having the client urinate allows the uterus to settle back to midline below the umbilicus.

**A nurse is assisting in the care of a client who is scheduled for a cesarean birth based on the fetal lungs having reached maturity. Which of the following findings indicates that the fetal lungs are mature?**

Lecithin/sphingomyelin (L/S) ratio of 2:1

Fetal lung maturity

**A nurse is assisting with the care of a client who had an epidural anesthesia block during the early stages of labor. The client’s blood pressure is 80/40 mm Hg and the fetal heart recording is 140/min. Which of the following actions should the nurse take first?**

Place the client in a lateral position

The nurse should first turn the client laterally to relieve the pressure on the inferior vena cava and improve the blood pressure.

**A charge nurse observes a newly licensed nurse checking fetal heart tones (FHT) for a client who is at 12 weeks of gestation. Which of the following actions by the nurse indicates a need for intervention by the charge nurse?**

Listens with a fetoscope

The charge nurse should intervene if the nurse uses a fetoscope to check FHT on a client who is at 12 weeks of gestation. A fetoscope will not be able to detect FHT this early in the pregnancy. The nurse should use a Doppler or ultrasound stethoscope.

**A nurse is assisting with the care of a client who is in labor. An RN's vaginal examination of the client yields the following information: 2 cm, 50%, +1. Which of the following fetal positions should the nurse document in the client's medical record?**

Vertex

ROA describes the relationship of the presenting part of the fetus to the client's pelvis. In this case, the occipital bone is the presenting part and is anterior on the client's right side. This presentation of the fetus indicates that the position is vertex.

**A nurse is reinforcing teaching about fetal development with a group of women who are pregnant. Which of the following statements should the nurse include in the teaching?**

The baby's heartbeat is audible by a Doppler stethoscope at 12 weeks of pregnancy."

The fetal heartbeat is audible by Doppler stethoscope at 12 weeks of gestation.