

## Chapter 01: 21st Century Maternity Nursing

1. When providing care for a pregnant woman, the nurse should be aware that one of the most frequently reported maternal medical risk factors is:

- a. Diabetes mellitus.
- b. Mitral valve prolapse (MVP).
- c. Chronic hypertension.
- d. Anemia.

ANS: A

2. To ensure optimal outcomes for the patient, the contemporary maternity nurse must incorporate both teamwork and communication with clinicians into her care delivery. The SBAR technique of communication is an easy-to-remember mechanism for communication. Which of the following correctly defines this acronym?

- a. Situation, baseline assessment, response
- b. Situation, background, assessment, recommendation
- c. Subjective background, assessment, recommendation
- d. Situation, background, anticipated recommendation

ANS: B

3. The role of the professional nurse caring for childbearing families has evolved to emphasize:

- a. Providing care to patients directly at the bedside.
- b. Primarily hospital care of maternity patients.
- c. Practice using an evidence-based approach.

d. Planning patient care to cover longer hospital stays.

ANS: C

4. A 23-year-old African-American woman is pregnant with her first child. Based on the statistics for infant mortality, which plan is most important for the nurse to implement?

a. Perform a nutrition assessment.

b. Refer the woman to a social worker.

c. Advise the woman to see an obstetrician, not a midwife.

d. Explain to the woman the importance of keeping her prenatal care appointments.

ANS: D

5. During a prenatal intake interview, the nurse is in the process of obtaining an initial assessment of a 21-year-old Hispanic patient with limited English proficiency. It is important for the nurse to:

a. Use maternity jargon in order for the patient to become familiar with these terms.

b. Speak quickly and efficiently to expedite the visit.

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c. Provide the patient with handouts.

d. Assess whether the patient understands the discussion.

ANS: D

6. When managing health care for pregnant women at a prenatal clinic, the nurse should recognize that the most significant barrier to access to care is the pregnant woman's:

a. Age.

c. Educational level.

b. Minority status.

d. Inability to pay.

ANS: D

7. What is the primary role of practicing nurses in the research process?

a. Designing research studies

b. Collecting data for other researchers

c. Identifying researchable problems

d. Seeking funding to support research studies

ANS: C

8. When the nurse is unsure about how to perform a patient care procedure, the best action would

be to:

- a. Ask another nurse.
- b. Discuss the procedure with the patient's physician.
- c. Look up the procedure in a nursing textbook.
- d. Consult the agency procedure manual and follow the guidelines for the procedure.

ANS: D

9. From the nurse's perspective, what measure should be the focus of the health care system to reduce the rate of infant mortality further?

- a. Implementing programs to ensure women's early participation in ongoing prenatal care
- b. Increasing the length of stay in a hospital after vaginal birth from 2 to 3 days
- c. Expanding the number of neonatal intensive care units (NICUs)
- d. Mandating that all pregnant women receive care from an obstetrician

ANS: A

10. Alternative and complementary therapies:

- a. Replace conventional Western modalities of treatment.

- b. Are used by only a small number of American adults.
- c. Recognize the value of clients' input into their health care.
- d. Focus primarily on the disease an individual is experiencing.

ANS: C

11. A 38-year-old Hispanic woman delivered a 9-pound, 6-ounce girl vaginally after being in labor for 43 hours. The baby died 3 days later from sepsis. On what grounds would the woman potentially have a legitimate legal case for negligence?

- a. She is Hispanic.
- b. She delivered a girl.
- c. The standards of care were not met.
- d. She refused fetal monitoring.

ANS: C

12. A newly graduated nurse is attempting to understand the reason for increasing health care spending in the United States. Her research finds that these costs are much higher compared with other developed countries as a result of:

- a. A higher rate of obesity among pregnant women.
- b. Limited access to technology.

c. Increased usage of health care services along with lower prices.

d. Homogeneity of the population.

ANS: A

13. The term used to describe legal and professional responsibility for practice for maternity nurses is:

- a. Collegiality.
- b. Ethics.
- c. Evaluation.
- d. Accountability.

ANS: D

14. Through the use of social media technology, nurses can link with other nurses who may share similar interests, insights about practice, and advocate for patients. The most concerning pitfall for nurses using this technology is:

- a. Violation of patient privacy and confidentiality.
- b. Institutions and colleagues may be cast in an unfavorable light.
- c. Unintended negative consequences for using social media.
- d. Lack of institutional policy governing online contact.

ANS: A

15. An important development that affects maternity nursing is integrative health care, which:

- a. Seeks to provide the same health care for all racial and ethnic groups.

b. Blends complementary and alternative therapies with conventional Western



treatment.

- c. Focuses on the disease or condition rather than the background of the client.
- d. Has been mandated by Congress.

ANS: B

16. Recent trends in childbirth practices in the United States indicate that:

- a. More than 15% of mothers had late or no prenatal care.
- b. The percentage of Hispanics, non-Hispanic African Americans, and Caucasians who received prenatal care was essentially the same.
- c. Births occurring in the hospital accounted for 99% of births.
- d. Cesarean births have been declining as a percentage of live births.

ANS: C

17. Recent trends in childbirth practice indicate that:

- a. Delayed pushing is now discouraged in the second stage of labor.
- b. Episiotomy rates are increasing.

c. Midwives perform more episiotomies than physicians.

d. Newborn infants remain with the mother and are encouraged to breastfeed.

ANS: D

18. The nurse caring for a pregnant client should be aware that the U.S. birth rate shows which trend?

a. Births to unmarried women are more likely to have less favorable outcomes.

b. Birth rates for women 40 to 44 years old are beginning to decline.

c. Cigarette smoking among pregnant women continues to increase.

d. The rates of maternal death owing to racial disparity are elevated in the United States.

ANS: A

19. Maternity nursing care that is based on knowledge gained through research and clinical trials is:

a. Derived from the Nursing Intervention Classification.

b. Known as *evidence-based practice*.

c. At odds with the Cochrane School of traditional nursing.

d. An outgrowth of telemedicine.

ANS: B

20. The level of practice a reasonably prudent nurse provides is called:

- a. The standard of care.
- b. Risk management.
- c. A sentinel event.
- d. Failure to rescue.

ANS: A

21. During a prenatal intake interview, the client informs the nurse that she would prefer a midwife to provide her care during pregnancy and deliver her infant. What information would be most appropriate for the nurse to share with this patient?

- a. Midwifery care is available only to clients who are uninsured because their services are less expensive than an obstetrician. Costs are often lower than an obstetric provider.
- b. The client will receive fewer interventions during the birth process.
- c. The client should be aware that midwives are not certified.
- d. Delivery can take place only at the client's home or in a birth center.

ANS: B

22. While obtaining a detailed history from a woman who has recently emigrated from Somalia,

the nurse realizes that the client has undergone female genital mutilation (FGM). The nurse's best response to this patient is:

- a. —This is a very abnormal practice and rarely seen in the United States.¶
- b. —Do you know who performed this so that it can be reported to the authorities?¶
- c. —We will be able to restore your circumcision fully after delivery.¶
- d. —The extent of your circumcision will affect the potential for complications.¶

ANS: D

23. To ensure patient safety, the practicing nurse must have knowledge of the current Joint Commission's —Do Not Use¶ list of abbreviations. Which of the following is acceptable for use?

- a. q.o.d. or Q.O.D.
- b.  $\text{MSO}_4$  or  $\text{MgSO}_4$
- c. International Unit
- d. Lack of a leading zero

ANS: C

24. *Healthy People 2020* has established national health priorities that focus on a number of maternal-child health indicators. Nurses are assuming greater roles in assessing family health and providing care across the perinatal continuum. Therefore it is important for the nurse to be aware that significant progress has been made in:

- a. The reduction of fetal deaths and use of prenatal care.
- b. Low birth weight and preterm birth.
- c. Elimination of health disparities based on race.

d. Infant mortality and the prevention of birth defects.

ANS: A

25. Which interventions would help alleviate the problems associated with access to health care for maternity patients (*Select all that apply*)?

a. Provide transportation to prenatal visits.

b. Provide childcare so that a pregnant woman may keep prenatal visits.

c. Mandate that physicians make house calls.

d. Provide low-cost or no-cost health care insurance.

e. Provide job training.

ANS: A, B, D

26. Which of the following statements indicate that the nurse is practicing appropriate family- centered care techniques (*Select all that apply*)?

a. The nurse commands the mother to do as she is told.

b. The nurse allows time for the partner to ask questions.

c. The nurse allows the mother and father to make choices when possible.

- d. The nurse informs the family about what is going to happen.
- e. The nurse tells the patient's sister, who is a nurse, that she cannot be in the room during the delivery.

ANS: B, C

*Medical errors are a leading cause of death in the United States. The National Quality Forum has recommended numerous safe practices that nursing can promote to reduce errors. Match each safe practice with the correct statement.*

- a. Ask the patient to —teach back.¶
- b. Comply with CDC guidelines.
- c. Ensure that information is documented in a timely manner.
- d. Promote interventions that will reduce patient risk.
- e. Reduce exposure to radiation.

27. Hand hygiene

28. Informed consent

29. Culture measurement, feedback, and intervention

30. Pediatric imaging

31. Patient care information



27. ANS: B

28. ANS: A

29. ANS: D

30. ANS: E

31. ANS: C

## **Chapter 02: Community Care: The Family and Culture**

1. A married couple lives in a single-family house with their newborn son and the husband's daughter from a previous marriage. On the basis of the information given, what family form best describes this family?

a. Married-blended family

c. Nuclear family

b. Extended family

d. Same-sex family

ANS: A

2. In what form do families tend to be most socially vulnerable?

a. Married-blended family

c. Nuclear family

b. Extended family

d. Single-parent family

ANS: D

3. Health care functions carried out by families to meet their members' needs include:

a. Developing family budgets.

b. Socializing children.

- c. Meeting nutritional requirements.
- d. Teaching family members about birth control.

ANS: C

4. The nurse should be aware that the criteria used to make decisions and solve problems within families are based primarily on family:

- a. Rituals and customs.
- b. Values and beliefs.
- c. Boundaries and channels.
- d. Socialization processes.

ANS: B

5. Using the family stress theory as an intervention approach for working with families experiencing parenting, the nurse can help the family change internal context factors. These include:

- a. Biologic and genetic makeup.
- b. Maturation of family members.
- c. The family's perception of the event.
- d. The prevailing cultural beliefs of society.

ANS: C

6. While working in the prenatal clinic, you care for a very diverse group of patients. When planning interventions for these families, you realize that acceptance of the interventions will be most influenced by:

- a. Educational achievement.
- b. Income level.
- c. Subcultural group.
- d. Individual beliefs.

ANS: D

7. The nurse's care of a Hispanic family includes teaching about infant care. When developing a plan of care, the nurse bases interventions on the knowledge that in traditional Hispanic families:

- a. Breastfeeding is encouraged immediately after birth.
- b. Male infants typically are circumcised.
- c. The maternal grandmother participates in the care of the mother and her infant.
- d. Special herbs mixed in water are used to stimulate the passage of meconium.

ANS: C

8. The woman's family members are present when the home care maternal-child nurse arrives for a postpartum and newborn visit. What should the nurse do?

- a. Observe the family members' interactions with the newborn and one another.
- b. Ask the woman to meet with her and the baby alone.
- c. Do a brief assessment on all family members present.

d. Reschedule the visit for another time so that the mother and infant can be assessed privately.

ANS: A

9. The nurse should be aware that during the childbearing experience an African-American woman is most likely to:

a. Seek prenatal care early in her pregnancy.

b. Avoid self-treatment of pregnancy-related discomfort.

c. Request liver in the postpartum period to prevent anemia.

d. Arrive at the hospital in advanced labor.

ANS: D

10. To provide competent care to an Asian-American family, the nurse should include which of the following questions during the assessment interview?

a. —Do you prefer hot or cold beverages?||

b. —Do you want milk to drink?||

c. —Do you want music playing while you are in labor?||

d. —Do you have a name selected for the baby?||

ANS: A

11. The patient's family is important to the maternity nurse because:

a. They pay the bills.

b. The nurse will know which family member to avoid.

c. The nurse will know which mothers will really care for their children.

d. The family culture and structure will influence nursing care decisions.

ANS: D

12. A mother's household consists of her husband, his mother, and another child. She is living in a(n):

a. Extended family.

c. Married-blended family.

b. Single-parent family.

d. Nuclear family.

ANS: A

13. A traditional family structure in which male and female partners and their children live as an independent unit is known as a(n):

Extended family.

c. Nuclear family.

b. Binuclear family.

d. Blended family.

ANS: C

14. Which statement about family systems theory is inaccurate?

a. A family system is part of a larger suprasystem.

b. A family as a whole is equal to the sum of the individual members.

c. A change in one family member affects all family members.

d. The family is able to create a balance between change and stability.

ANS: B

15. A pictorial tool that can assist the nurse in assessing aspects of family life related to health care is the:

a. Genogram.

c. Life cycle model.

b. Family values construct.

d. Human development wheel.

ANS: A

16. The process by which people retain some of their own culture while adopting the practices of the dominant society is known as:

Acculturation.

c. Ethnocentrism.



b. Assimilation.

d. Cultural relativism.

ANS: A

17. When attempting to communicate with a patient who speaks a different language, the nurse should:

a. Respond promptly and positively to project authority.

b. Never use a family member as an interpreter.

c. Talk to the interpreter to avoid confusing the patient.

d. Provide as much privacy as possible.

ANS: D

18. In which culture is the father more likely to be expected to participate in the labor and delivery?

a. Asian-American

c. European-American

b. African-American

d. Hispanic

ANS: C

19. Which statement about cultural competence is *not* accurate?

Local health care workers and community advocates can help extend health care

to underserved populations.

- b. Nursing care is delivered in the context of the client's culture but not in the context of the nurse's culture.
- c. Nurses must develop an awareness of and sensitivity to various cultures.
- d. A culture's economic, religious, and political structures influence practices that affect childbearing.

ANS: B

20. The nurse is preparing for a home visit to complete a newborn wellness checkup. The neighborhood has a reputation for being dangerous. Identify which precautions the nurse should take to ensure her safety (*Select all that apply*).

- a. Having access to a cell phone at all times.
- b. Visiting alone due to the agency's staffing model.
- c. Carrying an extra set of car keys.
- d. Avoiding groups of strangers hanging out in doorways.
- e. Wearing her usual amount of jewelry.

ANS: A, C, D

## **MATCHING**

*You are getting ready to participate in discharge teaching with a non-English-speaking new mother. The interpreter has arrived on the patient care unit to assist you in providing culturally competent care. In the correct order, from 1 through 6, number the steps that you would take to work with the interpreter.*

- a. Introduce yourself to the interpreter and converse informally.
- b. Outline your statements and questions, listing the key pieces of information you need to know.
- c. Make sure the interpreter is comfortable with technical terms.
- d. Learn something about the culture of the patient.
- e. Make notes on what you learned for future reference.
- f. Stop every now and then and ask the interpreter —How is it going?!

21. Step One

22. Step Two

23. Step Three

24. Step Four

25. Step Five

26. Step Six

21. ANS: B

22. ANS: D

23. ANS: A

24. ANS: C

25. ANS: F

26. ANS: E

### **Chapter 05: Infertility, Contraception, and Abortion**

1. Which test used to diagnose the basis of infertility is done during the luteal or secretory phase of the menstrual cycle?

- a. Hysterosalpingogram
- b. Endometrial biopsy
- c. Laparoscopy
- d. Follicle-stimulating hormone (FSH) level

ANS: B

2. A man smokes two packs of cigarettes a day. He wants to know if smoking is contributing to the difficulty he and his wife are having getting pregnant. The nurse's most appropriate response is:

- a. —Your sperm count seems to be okay in the first semen analysis.¶
- b. —Only marijuana cigarettes affect sperm count.¶
- c. —Smoking can give you lung cancer, even though it has no effect on sperm.¶