

# Leifer: Maternity Nursing: An Introductory Text, 11th Edition

## Chapter 02: Reproductive Anatomy and Physiology

### Test Bank

#### MULTIPLE CHOICE

1. Reproductive structures that have erectile tissue include the:
  - a. Labia majora and the scrotum
  - b. Penis and clitoris
  - c. Vestibule and epididymis
  - d. Vas deferens and vagina

ANS: B

The penis in the male and the clitoris in the female are similar in that both have erectile tissue.

DIF: Cognitive Level: Knowledge      REF: 17 | 23      OBJ: 3 | 9  
TOP: External Genitalia      KEY: Nursing Process Step: N/A  
MSC: NCLEX: N/A

2. The glands that secrete mucus to lubricate the vagina are \_\_\_\_\_ glands.
  - a. Bartholin's
  - b. Skene's
  - c. Cowper's
  - d. Montgomery's

ANS: A

Bartholin's glands secrete the mucus that lubricates the vagina.

DIF: Cognitive Level: Knowledge      REF: 19      OBJ: 3  
TOP: Female External Genitalia      KEY: Nursing Process Step: N/A  
MSC: NCLEX: N/A

3. Breast cells that secrete milk are called:
  - a. Myoepithelium
  - b. Acini
  - c. Lactiferous
  - d. Alveoli

ANS: B

Breast milk is secreted in the acini cells.

DIF: Cognitive Level: Knowledge      REF: 22      OBJ: 5  
TOP: Breasts      KEY: Nursing Process Step: N/A      MSC: NCLEX: N/A

4. On her first prenatal visit, a patient expresses concern that she will not produce enough milk to breastfeed because her breasts are small. Which response is most appropriate?
  - a. "You might want to talk to your doctor about different formulas."

- b. “Your breasts will enlarge during pregnancy.”
- c. “Breast enlargement surgery might be helpful.”
- d. “Breast size does not indicate how much milk you can produce.”

ANS: D

Breast size is determined by the amount of fatty tissue in the breasts and is not related to milk production.

DIF: Cognitive Level: Application REF: 23 OBJ: 5  
TOP: Breasts KEY: Nursing Process Step: Implementation  
MSC: NCLEX: Health Promotion and Maintenance

5. The unique muscle fiber pattern of the uterine myometrium makes the uterus ideally suited for:
- a. Menstruation
  - b. Labor
  - c. Hemostasis
  - d. Fertilization

ANS: B

The longitudinal, transverse, and oblique directions of the myometrium provide extreme strength to thin out, pull up, and dilate the cervix, as well as push out the fetus during labor.

DIF: Cognitive Level: Comprehension REF: 19 OBJ: 7  
TOP: Female Internal Reproductive Organs KEY: Nursing Process Step: N/A  
MSC: NCLEX: N/A

6. What is a function of the mucosal lining of the cervix?
- a. Serves as a site for implantation of the fertilized ovum
  - b. Protects against infection by acting as a bacteriostatic agent
  - c. Contains muscle fibers that force the fetus from the uterus
  - d. Provides an acid environment to shelter the sperm

ANS: B

The mucosal lining of the cervix acts as a bacteriostatic agent. It also provides an alkaline environment, which is needed for sperm survival. The ovum is implanted in the endometrium, and muscle fibers are in the myometrium.

DIF: Cognitive Level: Knowledge REF: 20 OBJ: 4  
TOP: Female Internal Reproductive Organs KEY: Nursing Process Step: N/A  
MSC: NCLEX: N/A

7. A patient at the prenatal clinic tells the nurse that she plans to continue daily douching to maintain vaginal cleanliness during her pregnancy. The nurse’s best response is:
- a. “That is an excellent way to prevent an infection.”
  - b. “Be sure to use an antimicrobial solution.”
  - c. “You must be careful to maintain the alkalinity of your vagina.”
  - d. “Frequent douching alters the normal acidic nature of the vagina, increasing the risk of infection.”

ANS: D

A change in the normally acidic pH of the vagina, caused by excessive douching or use of vaginal sprays or deodorant tampons, alters its self-cleansing properties and increases the risk of infection.

DIF: Cognitive Level: Application REF: 19 OBJ: 4  
 TOP: Female Internal Reproductive Organs  
 KEY: Nursing Process Step: Implementation  
 MSC: NCLEX: Health Promotion and Maintenance

8. To assess the adequacy of the pelvis for delivery, the examiner measures the:
- Diagonal conjugate
  - Midpelvis
  - Ischial spines
  - False pelvis

ANS: A

The diagonal conjugate is commonly measured during a pelvic examination to determine whether the pelvic outlet is large enough for the fetus to pass through.

DIF: Cognitive Level: Knowledge REF: 21 OBJ: 4  
 TOP: Pelvis KEY: Nursing Process Step: N/A MSC: NCLEX: N/A

9. The pelvic landmark(s) used to assess how far the baby's head has descended through the birth canal is/are the:
- Symphysis pubis
  - Ischial spines
  - Linea terminalis
  - Ischial tuberosities

ANS: B

The ischial spines that form the posterior border of the ischium represent the shortest diameter of the pelvic cavity. They are used as landmarks to determine the descent of the baby's head.

DIF: Cognitive Level: Knowledge REF: 20 OBJ: 8  
 TOP: Pelvis KEY: Nursing Process Step: N/A MSC: NCLEX: N/A

10. The gynecoid, or female-type, pelvis is best suited to childbirth because it has a:
- Long anteroposterior outlet
  - Round outlet and a fixed coccyx
  - Heart-shaped outlet that readily expands
  - Wide pubic arch and more movable coccyx

ANS: D

The gynecoid pelvis has a wide pubic arch; more movable coccyx; and better proportioned inlet, cavity, and outlet than other pelvic shapes.

DIF: Cognitive Level: Knowledge REF: 21-22 OBJ: 8  
 TOP: Pelvis KEY: Nursing Process Step: N/A MSC: NCLEX: N/A

11. What is the purpose of the rise of progesterone during the secretory phase of the menstrual cycle?
- To prepare and maintain the endometrium for implantation of an ovum
  - To regenerate the endometrium to begin the menstrual cycle
  - To increase elasticity of cervical mucus
  - To decrease blood flow to the endometrium before menstruation

ANS: A

In the secretory phase, progesterone causes endometrial cells to become thickened, dilated, and tortuous in preparation for implantation.

DIF: Cognitive Level: Comprehension REF: 23 | Table 2-1

OBJ: 5 TOP: Endocrine System and Female Reproduction

KEY: Nursing Process Step: N/A MSC: NCLEX: N/A

12. The phases of the ovarian cycle are the \_\_\_\_\_ phases.
- Secretory and ischemic
  - Follicular and luteal
  - Proliferative and menstrual
  - Luteal and secretory

ANS: B

Only the follicular and luteal phases are in the ovarian cycle; the others are in the menstrual cycle.

DIF: Cognitive Level: Knowledge REF: 23 | Table 2-1

OBJ: 6 TOP: Endocrine System and Female Reproduction

KEY: Nursing Process Step: N/A MSC: NCLEX: N/A

13. Which statement best describes the follicular phase of the ovarian cycle?
- If the ovum is not fertilized, the corpus luteum degenerates.
  - The corpus luteum increases estrogen and progesterone production.
  - The graafian follicle ruptures, releasing the ovum from the ovarian surface.
  - It extends from the fifteenth to the twenty-eighth day of the menstrual cycle.

ANS: C

The development and release of the ovum is the focus of the follicular phase. The other events listed occur in the luteal cycle.

DIF: Cognitive Level: Comprehension REF: 23 | Table 2-1

OBJ: 6 TOP: Endocrine System and Female Reproduction

KEY: Nursing Process Step: N/A MSC: NCLEX: N/A

14. The client asks the nurse when she is most likely to become pregnant. The most appropriate response is the \_\_\_\_\_ day of the menstrual cycle.
- Third
  - Seventh
  - Tenth
  - Fourteenth

ANS: D

The development of an ovarian follicle occurs during the follicular phase of the menstrual cycle. In a typical menstrual cycle, ovulation occurs 14 days before the next cycle begins.

DIF: Cognitive Level: Application      REF: 22      OBJ: 6  
TOP: Endocrine System and Female Reproduction      KEY: Nursing Process Step: N/A  
MSC: NCLEX: N/A

15. Hormones secreted by the anterior pituitary gland that influence ovarian activity are:
- Prolactin and progesterone
  - Estrogen and progesterone
  - Follicle-stimulating hormone and luteinizing hormone
  - Oxytocin and estrogen

ANS: C

Follicle-stimulating and luteinizing hormones, which are secreted by the anterior pituitary, stimulate ovarian development and estrogen production.

DIF: Cognitive Level: Knowledge      REF: 23 | Table 2-1  
OBJ: 6      TOP: Endocrine System and Female Reproduction  
KEY: Nursing Process Step: N/A      MSC: NCLEX: N/A

16. The client is very anxious before his prostatectomy. He asks the nurse how his semen will be affected with the removal of the prostate gland. The nurse explains that the function of prostate fluid is to:
- Nourish and protect the spermatozoa.
  - Provide lubrication during sexual intercourse.
  - Transport spermatozoa from the seminiferous tubules to the epididymis.
  - Enhance sperm motility by neutralizing the acidity of the vas deferens and the vagina.

ANS: D

The acidity of the vas deferens and the vagina interferes with sperm motility. Because prostate fluid is alkaline, it alters the pH of the vas deferens and the vagina to create an environment that enhances sperm motility and life span.

DIF: Cognitive Level: Application      REF: 26      OBJ: 9  
TOP: Internal Male Structures      KEY: Nursing Process Step: N/A  
MSC: NCLEX: N/A

17. The effects of testosterone include:
- Increased production of white blood cells
  - Development of male secondary sex characteristics
  - Lengthening and thinning of muscles and growth of bones
  - Stimulation of androgen production by Leydig's cells

ANS: B

Testosterone promotes the development of male reproductive organs and secondary sex characteristics. It causes bones and muscles to become longer and thicker (not thinner). Luteinizing hormone causes Leydig's cells in the testes to release androgens, including testosterone.

DIF: Cognitive Level: Knowledge REF: 26 OBJ: 10  
TOP: Endocrine System and Male Reproduction KEY: Nursing Process Step: N/A  
MSC: NCLEX: N/A

18. A young man tells the clinic nurse that he has been told that, if he wants a family, he should wear boxer shorts, not briefs. What would be the nurse's best response?
- "That is just an old wives' tale!"
  - "The type of undershorts that you wear makes no difference to male fertility."
  - "Tight briefs are the best underwear for you to wear."
  - "Excessive warmth of the scrotum can decrease sperm production, so continuous use of tight underwear may not be appropriate."

ANS: D

Normal spermatogenesis requires a slightly lower than normal body temperature. Excessive warmth decreases sperm production.

DIF: Cognitive Level: Knowledge REF: 23-24 OBJ: 9  
TOP: Male Reproductive System KEY: Nursing Process Step: Implementation  
MSC: NCLEX: Health Promotion and Maintenance

19. The patient asks how long she remains fertile after ovulation. The best response is the ovum remains fertile:
- For approximately 24 hours
  - For approximately 1 week
  - For approximately 4 hours
  - Until menstruation begins

ANS: A

The ovum remains fertile for about 24 hours after ovulation.

DIF: Cognitive Level: Application REF: 22 OBJ: 6  
TOP: Endocrine System and Female Reproduction KEY: Nursing Process Step: N/A  
MSC: NCLEX: N/A

20. The nurse is providing discharge instructions to a pregnant woman at risk for preterm labor. Which statement by the patient indicates the teaching was effective?
- "I will avoid eating spicy foods."
  - "I will avoid taking a warm bath."
  - "I will avoid sexual intercourse."
  - "I will avoid wearing tight-fitting clothing."

ANS: C

Sexual abstinence is advised for women at risk for miscarriage or preterm labor because of the uterine-stimulating effects of the hormone oxytocin that is released during orgasm.

DIF: Cognitive Level: Application REF: 27 OBJ: 5  
TOP: Physiology of the Female Sex Act KEY: Nursing Process Step: Implementation  
MSC: NCLEX: Physiologic Integrity

21. The patient asks the nurse which pelvic shape is best suited for childbirth. The best response would be:
- Gynecoid
  - Android
  - Platypelloid
  - Anthropoid

ANS: A

The gynecoid (or round) pelvis has better proportions, with a wide pubic arch and more movable coccyx, which makes it most suitable for childbirth. The android pelvis has a heart-shaped outlet, the anthropoid pelvis has a long anteroposterior outlet, and the platypelloid pelvis has a wide transverse outlet that is not favorable for vaginal delivery.

DIF: Cognitive Level: Comprehension REF: 22 | Figure 2-6  
OBJ: 8 TOP: Pelvic Types KEY: Nursing Process Step: N/A  
MSC: NCLEX: N/A

22. What is the name of the hoodlike covering of the clitoris and glans penis?
- Vestibule
  - Fundus
  - Fourchette
  - Prepuce

ANS: D

The hoodlike covering of the clitoris and glans penis is the prepuce.

DIF: Cognitive Level: Knowledge REF: 17 | 23 | Figure 2-1  
OBJ: 3 | 9 TOP: Female Reproductive System | Male Reproductive System  
KEY: Nursing Process Step: N/A MSC: NCLEX: N/A

23. The almond-shaped area of the female genitalia enclosed by the labia minora that contains openings to the urethra, Skene's glands, vagina, and Bartholin's glands is known as the:
- Vestibule
  - Fourchette
  - Mons pubis
  - Symphysis pubis

ANS: A

The almond-shaped area of the female genitalia enclosed by the labia minora that contains openings to the urethra, Skene's glands, vagina, and Bartholin's glands is the vestibule.

DIF: Cognitive Level: Knowledge REF: 17 OBJ: 3  
TOP: Female Reproductive System KEY: Nursing Process Step: N/A  
MSC: NCLEX: N/A

24. What is the thin, flat tissue formed by the joining of the labia minora, underneath the vagina at the midline?
- Fourchette
  - Rugae
  - Mons pubis
  - Prepuce

ANS: A

The thin, flat tissue formed by the joining of the labia minora, underneath the vagina at the midline is the fourchette.

DIF: Cognitive Level: Knowledge REF: 17 | Figure 2-1

OBJ: 3 TOP: Female Reproductive System KEY: Nursing Process Step: N/A

MSC: NCLEX: N/A

25. The fibromuscular, collapsible tubular structure that extends from the vulva to the uterus, lying between the bladder and rectum is called the:
- Scrotum
  - Vagina
  - Mons pubis
  - Labia majora

ANS: B

The fibromuscular, collapsible tubular structure that extends from the vulva to the uterus, lying between the bladder and rectum is called the vagina.

DIF: Cognitive Level: Comprehension REF: 18 OBJ: 4

TOP: Female Reproductive System KEY: Nursing Process Step: N/A

MSC: NCLEX: N/A

26. What is the term for the dome-shaped top of the uterus?
- Cervix
  - Fundus
  - Myometrium
  - Fallopian tube

ANS: B

The dome-shaped top of the uterus is called the fundus.

DIF: Cognitive Level: Knowledge REF: 19 OBJ: 4

TOP: Female Reproductive System KEY: Nursing Process Step: N/A

MSC: NCLEX: N/A

27. Which statement about the scrotum is correct?
- It consists of skin, muscle, and fascia.
  - It lies within the abdominal cavity.
  - It surrounds the male urethra.
  - It is the male organ of copulation.

ANS: A

The scrotum is a wrinkled, pigmented pouch of skin, muscle, and fascia that lies beneath the penis and outside of the abdominal cavity.

DIF: Cognitive Level: Comprehension REF: 23 | 25 | Figure 2-9

OBJ: 9 TOP: Male Reproductive System

KEY: Nursing Process Step: N/A

MSC: NCLEX: N/A

28. The oval glands located within the scrotal sac are known as the:
- Vas deferens
  - Prostate glands
  - Testes
  - Bartholin's glands

ANS: C

The oval glands located within the scrotal sac are called the testes.

DIF: Cognitive Level: Knowledge REF: 23-24 | Figure 2-9

OBJ: 9 TOP: Male Reproductive System

KEY: Nursing Process Step: N/A

MSC: NCLEX: N/A

29. The patient asks what the purpose of the vas deferens is. The correct response would be that:
- The vas deferens is a continuation of the epididymis and carries sperm from each testis to the urethra.
  - There has been no documented purpose for the vas deferens.
  - The vas deferens carries urine from the bladder to the urethral opening.
  - The vas deferens carries testosterone to the bloodstream.

ANS: A

The vas deferens is a continuation of the epididymis and carries sperm from each testis to the urethra.

DIF: Cognitive Level: Comprehension REF: 26 OBJ: 9

TOP: Male Reproductive System KEY: Nursing Process Step: N/A

MSC: NCLEX: N/A

30. The chestnut-sized structure surrounding the male urethra, just below the urinary bladder, is known as the:
- Prostate gland
  - Testis
  - Seminal vesicle
  - Glans penis

ANS: A

The chestnut-sized structure surrounding the male urethra, just below the urinary bladder, is known as the prostate gland.

DIF: Cognitive Level: Knowledge REF: 26 OBJ: 9

TOP: Male Reproductive System KEY: Nursing Process Step: N/A

MSC: NCLEX: N/A

31. The male organ of copulation and part of the urinary system is known as the:
- Testes
  - Scrotum
  - Prostate gland
  - Glans penis

ANS: D

The male organ of copulation and part of the urinary system is known as the glans penis.

DIF: Cognitive Level: Knowledge

REF: 23 | 25 | Figure 2-9

OBJ: 9

TOP: Male Reproductive System

KEY: Nursing Process Step: N/A

MSC: NCLEX: N/A