

chapter 2

Indicate the answer choice that best completes the statement or answers the question.

1. An expectant mother has amniocentesis performed and alpha-fetoprotein (AFP) levels are abnormally high. This could indicate
 - a. a neural tube defect
 - b. Down syndrome
 - c. Rh incompatibility
 - d. fetal lung immaturity

2. A 24-hour urine sample was collected from a pregnant woman and her results indicate an elevated level of estriol. This likely indicates
 - a. a normal, healthy fetus
 - b. growth retardation
 - c. fetal distress
 - d. placental insufficiency

3. A pregnant woman visits a clinic for prenatal care. Which of the following high-risk factors represent a socioeconomic factor?
 - a. minority status
 - b. BMI greater than 31
 - c. previous ectopic pregnancy
 - d. maternal age under 16

4. Which type of deceleration would result from the umbilical cord being wrapped around an infant's neck?
 - a. Type III
 - b. Type I
 - c. Type II
 - d. Type IV

5. Vibroacoustic stimulation is performed on an expectant mother. What is the normal fetal response?
 - a. acceleration of heart rate
 - b. deceleration of heart rate
 - c. no change in heart rate
 - d. increase in heart rate variability

6. Electrodes placed on the mother's abdomen can pick up the electrical activity of
 - a. both the maternal and fetal heart
 - b. the maternal heart only
 - c. the fetal heart only
 - d. fetal blood vessels

7. Which of the following factors indicate a high-risk pregnancy?
 - a. unwed status, especially adolescent
 - b. maternal age over 16
 - c. height greater than 5 feet

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- d. non-smoker
8. A fetus displayed a positive CST with a negative NST. What condition might the fetus have?
- a. prolonged hypoxia
 - b. brief hypoxia
 - c. hypercapnea
 - d. acidosis
9. Increased levels of bilirubin in amniotic fluid may indicate
- a. Rh incompatibility
 - b. kidney immaturity
 - c. the presence of meconium
 - d. Down syndrome
10. The acronym EDC stands for
- a. estimated date of confinement
 - b. estimated date of conception
 - c. estimated delivery and conception
 - d. expected date of confinement
11. A mother first senses fetal movement
- a. between 16 and 20 weeks gestation
 - b. as early as 7 weeks
 - c. between 28 and 34 weeks
 - d. between 20 and 26 weeks gestation
12. A fetus has aspirated meconium into the trachea and airways. This condition is referred to as
- a. meconium aspiration syndrome
 - b. meconium airway syndrome
 - c. meconium staining
 - d. pneumonia
13. Sympathomimetic drugs, such as ritodrine, salbutamol, and terbutaline, are administered to a pregnant woman to
- a. stop contractions
 - b. induce contractions
 - c. reduce maternal blood pressure
 - d. reduce fetal heart rate
14. The fundus of a woman's uterus is 19 centimeters above the symphysis pubis. What is the gestational age of the fetus?
- a. 19 weeks
 - b. 20 weeks
 - c. 38 weeks
 - d. 40 weeks

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15. A 25-year-old pregnant woman at 31 weeks gestation has a blood sample drawn for measurement of human placental lactogen (HPL). The result is 3.6 $\mu\text{g/ml}$. This could indicate
- fetal compromise
 - a normal result
 - a neural tube defect
 - a properly functioning fetal liver
16. A 28-year-old pregnant woman sees her doctor for an ultrasound to determine fetal age. Which of the following methods might be utilized during her ultrasound to determine this?
- biparietal diameter
 - doppler velocimetry
 - fetal heart rate determination
 - abdominal length
17. During routine visits to her obstetrician, a pregnant woman's fetal heart rate (FHR) was near 140 bpm; however, as she neared delivery, the FHR dropped to approximately 120 bpm. What course of action should be taken?
- Nothing - this is a normal response.
 - She should be scheduled for a Caesarian section as soon as possible.
 - Labor should be induced as soon as possible.
 - Preparations should be made for the delivery of twins.
18. A fetus is experiencing bradycardia due to asphyxia. Which of the following treatments may reduce the severity of the asphyxia?
- oxygen administration to the mother
 - oxygen administration to the fetus
 - sympathomimetic drug administration
 - administration of beta-blockers to the mother
19. A pregnant woman is being seen at her physician's office for a midtrimester amniocentesis. At what stage of pregnancy is this woman?
- second or third trimester
 - first trimester
 - 30 days before delivery
 - within the first 15 weeks following the last menstrual period
20. Baseline heart rate can be determined by watching the rate tracing for at least
- 10 minutes
 - 5 minutes
 - 1 hour
 - 24 hours
21. A biophysical profile includes results from which of the following tests?
- Fetal breathing, gross body movement, fetal tone, reactive NST, amniotic fluid volume
 - Fetal breathing, gross body movement, fetal tone, non-reactive NST, amniotic fluid volume
 - Fetal breathing, gross body movement, fetal tone, estriol measurement, amniotic fluid volume

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- d. Fetal breathing, meconium staining, fetal tone, reactive NST, amniotic fluid volume
22. Fetal scalp pH was measured and the result was 7.22. This result indicates
- a. slight asphyxia
 - b. severe asphyxia
 - c. a normal result
 - d. an inconclusive result
23. Which of the following is a contraindication to the performance of the contraction stress test (CST)?
- a. previous uterine rupture
 - b. a history of miscarriage
 - c. previous stress test
 - d. There are no contraindications for the CST.
24. Which method of FHR monitoring is the most accurate?
- a. placement of an electrode into the fetal scalp
 - b. external abdominal transducer
 - c. placement of electrodes on the mother's abdomen
 - d. use of a stethoscope
25. The first day of a woman's last menstrual period was March 25. What is the estimated date of confinement (EDC)?
- a. January 1
 - b. February 1
 - c. January 25
 - d. April 25

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Answer Key

1. a

2. a

3. a

4. a

5. a

6. a

7. a

8. a

9. a

10. a

11. a

12. a

13. a

14. a

15. a

16. a

17. a

18. a

19. a

20. a

21. a

22. a

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