

# 2024 ATI RN MATERNAL NEWBORN PROCTORED 2023 FINAL VERSION EXAM WITH GUARANTEED DISTINCTION ANSWERS FROM EXPERT

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➤ Which of the following is a potential complication of oligohydramnios? A. Preterm labor  
B. Fetal growth restriction C. Polyhydramnios D. All of the above Answer: **B. Fetal growth restriction**

Intrapartum:

➤ Which stage of labor is characterized by the period between the end of the third stage and the mother's recovery from delivery? A. First stage B. Second stage C. Third stage D. Fourth stage  
Answer: D. Fourth stage

➤ What is the recommended method of pain relief during labor for a woman with a high-risk pregnancy? A. Epidural anesthesia B. Spinal anesthesia C. Intravenous opioids D. All of the above  
Answer: **A. Epidural anesthesia**

➤ Which of the following is a potential complication of a vacuum-assisted delivery? A. Fetal distress  
B. Maternal hemorrhage C. Intra-abdominal injury D. All of the above Answer: **C. Intra-abdominal injury**

Postpartum:

➤ Which of the following is a potential complication of a retained placenta? A. Preeclampsia  
B. Postpartum hemorrhage C. Gestational diabetes D. All of the above Answer: **B. Postpartum hemorrhage**

➤ A nurse is caring for a client who is in active labor and has had no cervical change in the last 4 hours. Which of the following statements should the nurse make?

**Your provider will insert an intrauterine pressure catheter to monitor the strength of your contractions.**

Insertion of an intrauterine pressure catheter is necessary to determine uterine contraction intensity, which will identify whether or not the

contractions are adequate for the progression of labor.

- A nurse on a postpartum unit is caring for a client who is experiencing hypovolemic shock. After notifying the provider, which of the following actions should the nurse take next?

**Massage the client's fundus.**

The greatest risk to the client is hemorrhage. Therefore, the next action the nurse should take is to massage the client's fundus to expel clots and promote contractions.

- A nurse is reviewing the medical record of a client who is one day postpartum. The client had a vaginal birth with a fourth-degree perineal laceration. The nurse should contact the provider regarding which of the following prescriptions?

**Bisacodyl rectal suppository daily as needed for constipation**

The nurse should not administer a rectal suppository or enema to a client who has a fourth-degree perineal laceration. These can cause separation of the suture line, bleeding, or infection.

- A nurse is caring for a client who is at 26 weeks gestation and has epilepsy. The nurse enters the room and observes the client having a seizure. After turning the client's head to one side, which of the following actions should the nurse take immediately after the seizure?

Administer oxygen via a nonrebreather mask.

When using the airway, breathing, and circulation approach to client care, the nurse should place the priority on administering oxygen to the client via a nonrebreather mask to ensure adequate oxygenation to mother and fetus.

- A nurse in a prenatal clinic is caring for a client who reports that her menstrual period is 2 weeks late. The client appears anxious and asks the nurse if she is pregnant. Which of the following responses should the nurse make?

"You can miss your period for several other reasons. Describe your typical menstrual cycle".

Amenorrhea is a presumptive sign of pregnancy, not a positive sign. Therefore, the nurse should explore the client's menstrual cycle to determine other necessary interventions.

- A nurse is providing discharge teaching to a client who is postpartum and was taking insulin for gestational diabetes mellitus. Which of the following instructions should the nurse include in the teaching?

"You should get a 2-hour oral glucose tolerance test in 6-12 weeks."

The nurse should instruct the client to get 2-hour oral glucose tolerance test 6-12 weeks postpartum and every 3 years to screen for type 2 diabetes. The nurse should instruct the client that blood glucose levels return to the expected reference range after childbirth. Therefore, the client does not need to monitor her blood glucose levels or continue the insulin at home.

- What is the recommended method of pain relief for a woman who has a perineal laceration after delivery? A. Nonsteroidal anti-inflammatory drugs (NSAIDs) B. Acetaminophen C. Sitz baths D. All of the above Answer: **D. All of the above**
- Which of the following is a potential complication of neonatal hyperbilirubinemia? A. Hypoglycemia B. Kernicterus C. Respiratory distress syndrome D. All of the above Answer: **B. Kernicterus**

#### Newborn Care:

- What is the recommended method of administering the first dose of hepatitis B vaccine to a newborn? **A. Intramuscular injection** B. Oral administration C. Topical application D. Subcut
- Which of the following is a potential complication of neonatal respiratory distress syndrome? A. Hypoglycemia B. Pneumonia C. Patent ductus arteriosus D. All of the above Answer: **D. All of the above**

- What is the recommended method of administering vitamin K to a newborn who is at risk for bleeding? A. Intramuscular injection B. Oral administration C. Topical application D. Subcutaneous injection Answer: A. Intramuscular injection

### Professional Practice:

- What is the primary responsibility of a nurse or midwife in advocating for patient and family-centered care in maternal and newborn healthcare? A. Promoting shared decision-making B. Ensuring patient privacy and confidentiality C. Providing evidence-based care D. All of the above Answer:

#### A. Promoting shared decision-making

- Which of the following is a potential barrier to implementing evidencebased practice in maternal and newborn healthcare? A. Resistance to change B. Limited access to technology C. Lack of funding D. All of the above Answer: **D. All of the above**
- Which of the following is a potential ethical issue related to the use of assisted reproductive technologies in maternal and newborn healthcare? A. Use of donor gametes B. Multiple gestation pregnancies C. Preimplantation genetic diagnosis (PGD) D. All of the above Answer: **D. All of the above**
- Which of the following is a professional standard for nursing practice in maternal and newborn healthcare? A. Collaboration with patients and families B. Continuity of care C. Cultural competence D. All of the above Answer: **D. All of the above**
- Which of the following is a potential legal issue related to maternal and newborn healthcare? A. Informed consent B. Medical malpractice C.

Abandonment D. All of the above Answer: **D. All of the above**

### Anatomy and Physiology:

- Which of the following hormones is responsible for stimulating uterine contractions during labor? A. Progesterone B. Estrogen C. Prolactin D. Oxytocin Answer: **D. Oxytocin**
- What is the function of the cervix during pregnancy? A. To secrete mucus

that prevents infection B. To protect the fetus from trauma C. To regulate fetal temperature D. All of the above Answer: A. To secrete mucus that prevents infection

➤ Which of the following is a potential cause of male infertility? A. Varicocele B. Cryptorchidism

C. Testicular cancer D. All of the above Answer: D. All of the above

Antepartum:

➤ Which of the following is a potential complication of maternal hypertension during pregnancy? A. Preterm labor B. Fetal growth restriction C. Placental abruption D. All of the above Answer: D. All of the above

➤ What is the recommended method of screening for Down syndrome during pregnancy? A. Maternal serum screening B. Fetal ultrasound C. Chorionic villus sampling (CVS) D. Amniocentesis Answer: A. Maternal serum screening

➤ Which of the following is a potential complication of a nuchal cord? A. Fetal distress B. Maternal hemorrhage C. Amniotic fluid embolism D. All of the above Answer:

A. Fetal

distress

Intrapartum:

➤ Which stage of labor is characterized by the period between the onset of regular contractions and full cervical dilation? A. First stage B. Second stage

C. Third stage D. Fourth stage Answer: A. First stage

➤ What is the recommended method of pain relief during labor for a woman who wants to avoid medication? A. Acupuncture B. Massage C. Water immersion D. All of the above Answer: D. All of the above

➤ Which of the following is a potential complication of a breech delivery? A. Fetal distress B. Maternal hemorrhage C. Birth trauma D. All of the above

Answer: C. Birth trauma Postpartum:

➤ Which of the following is a potential complication of a postpartum infection? A. Septicemia B. Anemia C. Thrombocytopenia D. All of the above Answer: A. Septicemia

➤ What is the recommended method of feeding for a premature

infant? A. Breastfeeding B. Formula feeding C. Tube feeding D. All of the above

Answer: C. Tube feeding

➤ Which of the following is a potential complication of neonatal hypothermia? A. Hypoglycemia B. Respiratory distress syndrome C. Jaundice D. All of the above Answer:

D. All of the above Newborn Care:

➤ What is the recommended method of administering vitamin K to a newborn who is not at risk for bleeding? A. Intramuscular injection B. Oral administration C. Topical application D. Subcutaneous injection Answer: B. Oral administration

➤ Which hormone is responsible for stimulating the growth and development of the ovarian follicles?

- A. Estrogen
- B. Progesterone
- C. Follicle-stimulating hormone (FSH)
- D. Luteinizing hormone (LH)

Answer: C. Follicle-stimulating hormone (FSH)

➤ Which of the following hormones is responsible for inducing ovulation?

- A. Estrogen
- B. Progesterone
- C. Follicle-stimulating hormone (FSH)
- D. Luteinizing hormone (LH)

Answer: D. Luteinizing hormone

(LH)

➤ What is the primary hormone responsible for maintaining the



- endometrium during pregnancy? A. Progesterone
- B. Estrogen
  - C. Follicle-stimulating hormone (FSH)
  - D. Luteinizing hormone (LH) Answer: A.

Progesterone Antepartum:

- Which of the following tests is used to assess fetal lung maturity?
  - A. Non-stress test
  - B. Biophysical profile
  - C. Amniocentesis
  - D. Lecithin-sphingomyelin (L/S)

ratio Answer: D. Lecithin-sphingomyelin  
(L/S) ratio

➤ What is the recommended amount of weight gain during pregnancy for a woman with a normal BMI?

- A. 10-15 pounds
- B. 20-30 pounds
- C. 30-40 pounds
- D. 40-50 pounds

Answer: B. 20-30

pounds

➤ Which of the following is a potential complication of gestational diabetes?

- A. Hyperglycemia
- B. Hypoglycemia
- C. Polyhydramnios
- D. Hypertension

Answer: C.

Polyhydramnios

Intrapartum:

➤ Which stage of labor is characterized by cervical dilation from 4-10 cm?

- A. First stage
- B. Second stage
- C. Third stage
- D. Fourth

stage Answer: A.

First stage

➤ What is the most common type of anesthesia used during labor?

- A. Epidural

- B. Spinal
- C. General
- D. Local

Answer: A.

Epidural

- Which of the following is a potential complication of a vaginal delivery?
- A. Shoulder dystocia
  - B. Placenta previa
  - C. Umbilical cord prolapse
  - D. Cephalopelvic

disproportion Answer: A.

Shoulder dystocia Postpartum:

- What is the recommended method of contraception for a woman who is breastfeeding?
- A. Combined oral contraceptives
  - B. Depo-Provera injection
  - C. Copper intrauterine device (IUD)
  - D. Progestin-only pills

Answer: D. Progestin-only

pills

- Which of the following is a potential complication of a cesarean delivery?
- A. Postpartum hemorrhage
  - B. Infection
  - C. Deep vein thrombosis (DVT) D. All of the

above Answer: D. All of the above

- What is the primary intervention for postpartum hemorrhage?
- A. Oxytocin infusion
  - B. Methylergonovine injection
  - C. Misoprostol administration D. Blood

transfusion Answer: A. Oxytocin infusion

## Newborn Care:

- What is the recommended age for the first hepatitis B vaccine for a newborn?
  - A. At birth

- B. within 48 hours of birth
- C. within 1 week of birth
- D. within 1 month of birth

Answer: B. Within 48 hours of birth

- What is the recommended method of feeding for a preterm infant?
- A. Breastfeeding
  - B. Formula feeding
  - C. Bottle feeding with breast milk
  - D. Parenteral nutrition

Answer: C. Bottle feeding with breast milk

- Which of the following is a potential complication of jaundice in a newborn?
- A. Kernicterus
  - B. Hypoglycemia
  - C. Respiratory distress
  - D. Sepsis

Answer: A. Kernicterus Professional

Practice:

- What is the primary ethical principle guiding nursing practice in maternal and newborn healthcare?
- A. Autonomy
  - B. Non-maleficence
  - C. Beneficence
  - D. Justice

Answer: C.

## Beneficence

- Which of the following is a potential barrier to providing culturally competent care in maternal and newborn healthcare?
  - A. Lack of awareness of cultural differences

- B. Bias and prejudice
- C. Limited access to resources
- D. All of the above

Answer: D. All of the  
above

- Which of the following is a legal issue related to maternal and newborn healthcare?
- A. Informed consent
  - B. Patient confidentiality
  - C. Malpractice
  - D. All of the above

Answer: D. All of the  
above

19. Which of the following is a professional standard for nursing practice in maternal and newborn healthcare?
- A. Evidence-based practice
  - B. Continuing education
  - C. Professional development
  - D. All of the above

Answer: D. All of the  
above

20. What is the primary role of a nurse or midwife in maternal and newborn healthcare?
- A. Providing direct patient care
  - B. Conducting research
  - C. Teaching patients and families



D. All of the above

Answer: A. Providing direct patient care Anatomy

and Physiology:

21. What is the primary hormone responsible for stimulating ovulation?

A. Progesterone

- B. Estrogen
- C. Follicle-stimulating hormone (FSH) D. Luteinizing

hormone (LH) Answer: D. Luteinizing hormone (LH)

22. What is the function of the placenta during pregnancy?

- A. To nourish and protect the fetus
- B. To produce hormones that support pregnancy
- C. To facilitate gas exchange between the mother and fetus
- D. All of the above

Answer: D. All of the  
above

23. Which of the following hormones is responsible for preparing the uterus for implantation?

- A. Progesterone
- B. Estrogen
- C. Follicle-stimulating hormone (FSH)
- D. Luteinizing hormone

(LH) Answer: A. Progesterone

Antepartum:

24. Which of the following conditions is a risk factor for preterm labor?

- A. Preeclampsia
- B. Gestational diabetes
- C. Polyhydramnios
- D. All of the above

Answer: D. All of the  
above

25. What is the recommended frequency for prenatal visits for a woman with a normal pregnancy?
- A. Monthly until 28 weeks, then every 2 weeks until 36 weeks, then weekly until delivery
  - B. Every 4 weeks until 36 weeks, then every 2 weeks until delivery

- C. Every 2 weeks until 36 weeks, then weekly until delivery
- D. Every week until delivery

Answer: A. Monthly until 28 weeks, then every 2 weeks until 36 weeks, then weekly until delivery

26. Which of the following is a potential complication of hypertension in pregnancy?

- A. Preterm labor
- B. Fetal distress
- C. Placenta previa
- D. All of the

above Answer: B.

Fetal distress

Intrapartum:

27. Which stage of labor is characterized by the birth of the baby?

- A. First stage
- B. Second stage
- C. Third stage
- D. Fourth stage

Answer: B. Second

stage

28. What is the recommended method of pain relief during labor for a woman who wants to avoid medication?

- A. Breathing techniques
- B. Massage
- C. Water immersion
- D. All of the above

Answer: D. All of the  
above

29. Which of the following is a potential complication of a cesarean delivery?
- A. Hemorrhage
  - B. Infection

- C. Uterine rupture
- D. All of the above

Answer: D. All of the  
above Postpartum:

30. Which of the following is a potential complication of postpartum depression?
- A. Poor bonding with the newborn
  - B. Insufficient milk production
  - C. Increased risk of postpartum hemorrhage
  - D. All of the above

Answer: A. Poor bonding with the newborn

31. What is the recommended method of pain relief for a woman who has a vaginal tear or episiotomy after delivery? A. Nonsteroidal anti-inflammatory drugs (NSAIDs) B. Acetaminophen  
C. Ice packs D. All of the above Answer: D. All of the above

32. What is the recommended method of feeding for a term infant? A. Breastfeeding B. Formula feeding C. Bottle feeding with breast milk D. Parenteral nutrition Answer: A. Breastfeeding

Newborn Care:

33. Which of the following is a potential complication of meconium aspiration syndrome? A

➤ Which of the following is a potential complication of meconium aspiration syndrome? A. Respiratory distress syndrome B. Hypoglycemia C. Jaundice D. All of the above Answer: A. Respiratory distress syndrome

➤ What is the recommended method of administering vitamin K to a newborn? A. Intramuscular injection B. Oral administration C. Topical application D. Subcutaneous injection Answer: A. Intramuscular injection

➤ Which of the following is a potential complication of hypothermia in a newborn? A. Hypoglycemia B. Respiratory distress syndrome C.

Hypertension D. All of the above Answer: B. Respiratory distress syndrome

Professional Practice:

- What is the primary legal responsibility of a nurse or midwife in maternal and newborn healthcare? A. Ensuring patient safety B. Maintaining patient confidentiality C. Providing appropriate care and treatment D. All of the above Answer: D. All of the above
- Which of the following is a potential barrier to effective communication with patients and families in maternal and newborn healthcare? A. Language barriers B. Cultural differences C. Limited access to technology D. All of the above Answer: D. All of the above
- Which of the following is a potential ethical issue in maternal and newborn healthcare? A. Informed consent B. Patient confidentiality C. End-of-life decision-making D. All of the above Answer: D. All of the above
- Which of the following is a professional standard for nursing practice in maternal and newborn healthcare? A. Collaboration with interdisciplinary team members B. Advocacy for patients and families C. Incorporation of evidence-based practice D. All of the above Answer: D. All of the above
- Which of the following is a potential legal issue related to informed consent in maternal and newborn healthcare? A. Failure to obtain informed consent B. Lack of understanding by the patient or family C. Coercion or duress in obtaining consent D. All of the above Answer: D. All of the above

#### Anatomy and Physiology:

- What is the role of the fallopian tubes in fertilization? A. Production of ova B. Production of sperm C. Transport of ova to the uterus D. Transport of sperm to the uterus Answer: C. Transport of ova to the uterus
- Which hormone is responsible for stimulating milk production in the breasts? A. Progesterone B. Estrogen C. Prolactin D. Oxytocin Answer: C. Prolactin
- What is the function of the amniotic fluid during pregnancy? A. To protect the fetus from trauma B. To regulate fetal temperature C. To facilitate fetal movement D. All of the above Answer: D. All of the above

#### Antepartum:



- Which of the following is a potential complication of a multiple gestation pregnancy? A. Preterm labor B. Gestational diabetes C. Placenta previa D. All of the above Answer: D. All of the above
- What is the recommended method of screening for gestational diabetes? A. Random blood glucose test B. Fasting blood glucose test C. Oral glucose tolerance test D. Hemoglobin A1C test Answer: C. Oral glucose tolerance test
- Which of the following is a potential complication of a placental abruption?

A. Preterm labor B. Fetal distress C. Polyhydramnios D. All of the above Answer: B. Fetal distress  
Intrapartum:

- Which stage of labor is characterized by the delivery of the placenta? A. First stage B. Second stage C. Third stage D. Fourth stage Answer: C. Third stage
- What is the recommended method of pain relief during labor for a woman with a low-risk pregnancy? A. Epidural anesthesia B. Spinal anesthesia C. Nitrous oxide inhalation D. All of the above Answer: C. Nitrous oxide inhalation
- Which of the following is a potential complication of a forceps-assisted delivery? A. Shoulder dystocia B. Hemorrhage C. Birth trauma D. All of the above Answer: C. Birth trauma

Postpartum:

- Which of the following is a potential complication of a postpartum hemorrhage? A. Hypertension B. Anemia C. Thrombocytopenia D. All of the above Answer: B. Anemia
- What is the recommended method of pain relief for a woman who has a cesarean delivery? A. Epidural anesthesia B. Intravenous opioids C. Patient-controlled analgesia D. All of the above Answer: D. All of the above
- Which of the following is a potential complication of a preterm infant? A. Hypoglycemia  
B. Respiratory distress syndrome C. Hyperbilirubinemia D. All of the above Answer: D. All of the above

Newborn Care:

- What is the recommended method of administering erythromycin ointment to a newborn? A. Intramuscular injection B. Oral administration C. Topical application D. Subcutaneous injection Answer: C. Topical application
- Which of the following is a potential complication of neonatal sepsis? A. Hypoglycemia B. Respiratory distress syndrome C. Meningitis

➤ Which of the following is a potential complication of neonatal sepsis? A. Hypoglycemia

B. Respiratory distress syndrome C. Meningitis D. All of the above Answer: D. All of the above

➤ What is the recommended method of administering hepatitis B vaccine to a newborn?

A. Intramuscular injection B. Oral administration C. Topical application D. Subcutaneous injection Answer: A. Intramuscular injection

➤ Which of the following is a potential complication of hypoglycemia in a newborn?

A. Hypothermia B. Hyperbilirubinemia C. Respiratory distress syndrome D. All of the above Answer: D. All of the above

## Professional Practice:

- What is the primary goal of culturally competent care in maternal and newborn healthcare? A. To eliminate cultural differences B. To promote health equity C. To prioritize the healthcare provider's cultural background

D. All of the above Answer: B. To promote health equity

- Which of the following is a potential barrier to providing patient-centered care in maternal and newborn healthcare? A. Lack of communication skills B. Lack of knowledge and expertise C. Lack of cultural awareness D. All of the above

Answer: D. All of the above

- Which of the following is a potential ethical issue related to pain management in maternal and newborn healthcare? A. Undertreatment of pain B. Overtreatment of pain C. Use of alternative therapies without informed consent D. All of the above

Answer: D. All of the above

- Which of the following is a professional standard for nursing practice in maternal and newborn healthcare? A. Promotion of health equity B. Provision of patient-centered care C. Advocacy for social justice D. All of the above

Answer: D. All of the above

## Anatomy and Physiology:

- Which of the following is a potential cause of female infertility? A. Endometriosis B. Polycystic ovary syndrome (PCOS) C. Pelvic inflammatory disease (PID) D. All of the above

Answer: D. All of the above

- Which hormone is responsible for triggering milk ejection during breastfeeding? A. Progesterone B. Estrogen C. Prolactin D. Oxytocin

- What is the function of the umbilical cord during pregnancy? A. To transport oxygen and nutrients from the mother to the fetus B. To remove waste products from the fetus C. To regulate fetal temperature D. All of the above

Answer: A. To transport oxygen and nutrients from the mother to the fetus

## Antepartum:

➤ Which of the following is a potential complication of maternal obesity during pregnancy? A. Gestational diabetes B. Preterm labor C. Placental abruption D. All of the above Answer: D. All of the above

➤ What is the recommended method of screening for Group B Streptococcus (GBS) during pregnancy? A. Urine culture B. Rectovaginal culture C. Blood test D. Nasopharyngeal culture Answer: B. Rectovaginal culture

➤ Which of the following is a potential complication of neonatal hypocalcemia? A. Hypoglycemia B. Seizures C. Respiratory distress syndrome D. All of the above Answer: B.

➤ What is the recommended method of administering the second dose of hepatitis B vaccine to a newborn? A. Intramuscular injection B. Oral administration C. Topical application D. Subcutaneous injection Answer: A. Intramuscular injection

### Professional Practice:

➤ What is the primary goal of patient education in maternal and newborn healthcare? A. To improve health outcomes B. To increase patient satisfaction C. To decrease healthcare costs D. All of the above Answer: A. To improve health outcomes

➤ Which of the following is a potential barrier to effective communication in maternal and newborn healthcare? A. Limited health literacy B. Cultural differences C. Language barriers D. All of the above Answer: D. All of the above

➤ Which of the following is a potential ethical issue related to neonatal intensive care? A. Allocation of resources B. Withholding or withdrawing lifesustaining treatment C. Use of alternative therapies without informed consent D. All of the above Answer: D. All of the above

➤ Which of the following is a professional standard for nursing practice in maternal and newborn healthcare? A. Safety and quality improvement B. Patient-centered care C. Leadership D. All of the above Answer: D. All of the above

➤ Which of the following is a potential legal issue related to informed consent in maternal and newborn healthcare? A. Lack of capacity to consent B. Coercion or undue influence C. Failure to disclose risks and benefits D. All of the above Answer: D. All of the above