

WALDEN UNIVERSITY | NURS 6552 Women's Health Final

# **NURS 6552 WOMEN'S HEALTH FINAL EXAM**

*Exam Elaborations Questions and Answers*

**Question 1 1/1**

In a woman who is 20 weeks pregnant, the fundus is typically the same height as:

- A The symphysis pubis
- B The umbilicus
- C The xiphoid process
- D None of the above

**Question 2 0/1**

The following are risk factors for breast cancer except:

- A Menarche after the age of 12
- B Nulliparity
- C Menopause at age 55 years or older
- D First full-term pregnancy after age 30

**Question 3 1/1**

Your patient is pregnant and has three cats. You educate her that she should have someone else clean the litter box as there is an infection that can spread through cat feces that can be harmful to the unborn baby. The infection is called:

- A E. Coli
- B Toxoplasmosis
- C Cat-scratch fever
- D Tetanus

**Question 4 1/1**

All of the following are disadvantages of Combined Oral Contraceptives except:

- A The need for daily pill taking

- B The ongoing cost of the method for some individuals
- C Side effects for some women
- D Reduction in the risk of some types of cancer

### Question 5 0/1

With irritable bowel syndrome (IBS), typically defecation:

- A Makes the pain more intense
- B Provides relief from the Pain
- C Makes no difference in the pain
- D Causes intense cramping

### Question 6 1/1

The Tanner scale divides sexual physical maturity into \_\_\_\_\_ stages

- A Three
- B Five
- C Seven
- D Nine

### Question 7 1/1

Nonlatex condoms:

- A Fit tighter on the penis than latex condoms
- B Come in a variety of colors
- C Have an increased risk of breakage or slippage during intercourse than latex condom
- D Lead to a greater incidence of allergies than latex condoms

**Question 8 1/1**

A potentially toxic environmental substance is lead. In pregnancy, lead is a neurotoxin and can cause learning deficits and developmental delays. Lead is found in all of the following except:

- A Fish
- B Older homes with lead paint
- C Certain types of pottery
- D Some stained glass

**Question 9 1/1**

Prior to giving semen for an analysis, a male should be abstinent for:

- A 24 hours prior to the test
- B 2-5 days prior to the test
- C 2 weeks prior to the test
- D None of the above

**Question 10 1/1**

When medical therapy for heavy menstrual bleeding occurs, the following surgical management option(s) are available:

- A Dilation and curettage
- B Endometrial ablation
- C Uterine artery embolization
- D Hysterectomy
- E A , B, and D
- F. A, B, C, and D

**Question 11 1/1**

All of the following are risk factors for fetal genetic or development abnormalities in maternal, paternal, and family history except:

- A Maternal age equal or greater than 30 years
- B Mother and father related by blood
- C Maternal exposure to toxins
- D Congenital blindness or deafness

**Question 12 1/1**

During pregnancy, blood volume:

- A Remains the same as pre-pregnant amounts
- B Increases by 10%
- C Increases by 30-50%
- D Decreases by 20%

**Question 13 0/1**

A complete male evaluation usually includes:

- A Two semen analyses, approximately one hour apart
- B Two semen analyses, approximately one month apart
- C One complete semen analysis
- D A fractionated semen analysis

**Question 14 1/1**

Maura is pregnant and comes in for a visit. She tells you that she has never had chicken pox and is wanting to know if she should get the varicella vaccine today. You let her know that:

- A It is very important that she receive this vaccine today because you do not want her to get chicken pox while she is pregnant.
- B She should not get the vaccine today as it is contraindicated in pregnancy.

- C Most health care providers leave it up to the patient and you are willing to do whatever she requests.
- D Adults never need this vaccine.

### Question 15 1/1

The following gonadotropins are responsible for regulating gynecologic organ activities.

- A Testosterone and androgen
- B FSH and progesterone
- C FSH and LH
- D LH and prolactin

### Question 16 1/1

Clara is a 67-year-old female who comes in requesting a pap smear. In gathering her history, she tells you all of her pap smear have been normal. Her last pap smear was at age 64.

- A You tell her you are pleased she remembered this important test and proceed with the pap smear.
- B You tell her that she hasn't really needed to have a pap smear since age 50.
- C You explain to her that this is important, and you also need to test for HPV.
- D You explain to her that the USPTF and ASCCP recommend that in a woman with a history of negative pap smears, the test can be discontinued at age 65

### Question 17 1/1

Paula is 30 weeks pregnant and is in your office today. She is very concerned about her stretch marks. She wants to know if there is anything, she can put on them to make them go away. She has seen a few products on infomercials and wonders if they work. You tell her:

- A There are a few products on the market which have proven to be very helpful in making stretch marks disappear
- B Despite advertiser's claims, there is no magic cream to prevent them or make them go away.
- C Watching weight gain and eating nutritiously can help decrease their number and severity
- D B and C

**Question 18 1/1**

All of the following are barrier methods of contraception except

- A Male condom
- B Female condom
- C Diaphragm
- D Coitus interruptus

**Question 19 1/1**

The following are risk factors associated with acquiring HPV except:

- A Nulliparity
- B Early age at first intercourse
- C Having multiple sexual partners
- D Smoking

**Question 20 1/1**

When the cervix softens in pregnancy, this is called:

- A Goodell's sign
- B Cervical lip sign
- C Mucus plug sign
- D Vulvar sign

**Question 21 1/1**

The following vaccine(s) is/are contraindicated in pregnancy:

- A MMR
- B Varicella

- C Tdap
- D A and B
- E A, B, and C

### Question 22 1/1

When presenting the laboratory tests that should be performed during the pregnancy it is important to let the woman know:

- A She must have all the recommended tests done or it can be considered child abuse
- B She is required to have all tests done, except for the HIV test
- C She can “opt out” of any test
- D She should make sure that her partner signs the consent for all the tests done.

### Question 23 1/1

During the second trimester, a test that is offered is the alpha-fetoprotein test. This test indicates:

- A If the woman will go to full term
- B If the heart has any defects
- C Whether the fetal neural tube has properly fused
- D If the fetus is living

### Question 24 1/1

Taylor just found out she is pregnant. She has irregular periods so she is not exactly sure how far along she is, but she thinks it is pretty early. She asks you about an ultrasound to find out how many weeks she is. You tell her that:

- A Early in the pregnancy is ideal because the ultrasound dating is more accurate than later in the pregnancy
- B She should wait a couple of months as ultrasound dating is most accurate in the second trimester of pregnancy
- C An ultrasound really won't be able to tell her that information



D An ultrasound is contraindicated this early in the pregnancy

**Question 25 1/1**

With prepackaged lunch meat, hot dogs, pate, and meat spreads there is an increased risk of:

A Toxoplasmosis

B Cytomegalovirus

C Listeriosis

D Coliform bacteria

**Question 26 1/1**

It is believed that women acquire most of their bone mass

A As infants

B In early adolescence

C In their 20's

D In their 50's

**Question 27 1/1**

Emergency contraception

A Can be used as an ongoing method of contraception

B Provides STI protection

C Is the only method that can be used after intercourse

D Is available by prescription only

**Question 28 1/1**

Contractions that may occur in early pregnancy are called:

A Souffle contractions

- B Chadwick contractions
- C Uteroplacental contractions
- D Braxton-Hicks contractions

**Question 29 1/1**

Ibandronate (Boniva, a medication for osteoporosis, can be administered:

- A Orally
- B Through an IM injection
- C Intravenously
- D A and C
- E A, B, and C

**Question 30 1/1**

Progestin-only contraceptives are generally considered safer for women who:

- A Have a diagnosis of Diabetes
- B Experience Migraines with aura
- C Are 15 or younger
- D Are healthy and fit

**Question 31 1/1**

The following are foods to avoid during pregnancy except:

- A Soy products
- B Unpasteurized milk
- C Raw eggs