

# Maternal-Newborn Nursing : The Critical Components of Nursing Care Testbank/Study Guide

## Maternity Nursing Overview Chapter 1. Trends and Issues

1. Since 1995 there has been a significant decrease in the rate of infant death related to which of the following:

- a. Disorders associated with short gestation and low birth weight
- b. Accidents
- c. Sudden infant death
- d. Newborns affected by complications of placenta, cord, and membranes

ANS: c

Feedback

- a. The rates of prematurity and low birth weight are increasing.
- b. The rates of accidents have increased.
- c. Correct. The rate of infant death related to SIDS has decreased from 87.1 to 47.2. The decrease in rate is partially attributed to placing infants on their backs when sleeping.
- d. The rates of newborns affected by complications of placenta, cord, and membranes have increased.

KEY: Integrated Process: Teaching and Learning | Cognitive Level: Knowledge | Content Area: Maternity | Client Need: Health Promotion and Maintenance | Difficulty Level: Easy

2. Tobacco use during pregnancy is associated with adverse effects on the unborn infant such as intrauterine growth restriction, preterm births, and respiratory problems. By race, which has the highest percentages of smokers?

- a. American Indian and Alaskan Natives
- b. Asian or Pacific Islanders
- c. Non-Hispanic blacks
- d. Non-Hispanic whites

ANS: a

Feedback

- a. 36% of American Indian and Native American women are cigarette smokers.
- b. 4.3% of Asian or Pacific Islander women are cigarette smokers.
- c. 17.1% of non-Hispanic black women are cigarette smokers.
- d. 19.6% of non-Hispanic white women are cigarette smokers.

KEY: Integrated Process: Clinical Problem Solving | Cognitive Level: Knowledge | Content Area: Maternity | Client Need: Safe and Effective Care Environment | Difficulty Level: Easy

3. Which of the following women is at the highest risk for health disparity?
- a. A white, middle-class, 16-year-old woman
  - b. An African American, middle-class, 25-year-old woman
  - c. An African American, upper-middle-class, 19-year-old woman
  - d. An Asian, low-income, 30-year-old woman

ANS: d

Feedback

- a. Although age is a risk factor, income contributes to disparity.
- b. Although African American women are at increased risk, income accounts for the largest disparity.
- c. Although age and race contribute to increased risk, income accounts for the largest disparity.
- d. Although age and race contribute to increased risk, income accounts for the largest disparity.

KEY: Integrated Process: Clinical Problem Solving | Cognitive Level: Application | Content Area: Maternity | Client Need: Health Promotion and Maintenance | Difficulty Level: Moderate

4. A neonate born at 36 weeks gestation is classified as which of the following?
- a. Very premature
  - b. Moderately premature
  - c. Late premature
  - d. Term

ANS: c

Feedback

- a. Very premature is less than 32 weeks gestation.
- b. Moderately premature is 32 to 33 completed weeks gestation.
- c. Correct. Late premature is 34 to 36 completed weeks gestation.
- d. Term is 37 to 42 weeks gestation.

KEY: Integrated Process: Clinical Problem Solving | Cognitive Level: Application | Content Area: Maternity | Client Need: Physiological Adaptation | Difficulty Level: Easy

5. The perinatal nurse explains to the student nurse that a goal of the Healthy People 2020 report is to:
- a. Increase proportion of infants who are breastfed to 93.1%.
  - b. Increase proportion of infants who are breastfed to 90.7%.
  - c. Increase proportion of infants who are breastfed to 85.6%.
  - d. Increase proportion of infants who are breastfed to 83.9%.

ANS: d

A goal of Healthy People 2020 is to increase the proportion of infants who are breastfed from 74% to 81.9%.

KEY: Integrated Process: Teaching and Learning | Client Need: Health Promotion and Maintenance | Cognitive Level: Application | Content Area: Maternity | Difficulty Level: Moderate

6. The perinatal nurse explains to the student nurse that \_\_\_\_\_ is the leading cause of infant death in the United States.

- a. Sudden Infant Death Syndrome
- b. Respiratory distress of newborns
- c. Disorders related to short gestation and low birth weight
- d. Congenital malformations and chromosomal abnormalities

ANS: d

KEY: Integrated Process: Clinical Problem Solving | Cognitive Level: Knowledge |

Content Area: Maternity | Client Need: Safe and Effective Care Environment |

Difficulty Level: Difficult

Multiple Response

7. Which of the following statements are true related to teen pregnancies? (Select all that apply.)

- a. Teen mothers are at higher risk for HIV.
- b. Teen mothers are at higher risk for hypertensive problems.
- c. The birth rate for teenaged women has increased in the past 15 years.
- d. Infants born to teen mothers are at higher risk for health problems.

ANS: a, b, d

Health statistics report higher risk for HIV, for hypertensive problems, and for health problems to infants born to teen mothers. Birth rates for teen mothers in all age categories have decreased since 1991.

## Chapter 2. Ethics and Standards of Practice Issues

1. An ethical dilemma unique to perinatal nursing is the:

- a. Innate conflict between maternal and fetal rights
- b. Intensive use of technology
- c. Shortage of health-care resources
- d. Risk of violation of the principle of veracity

ANS: a

- a. A unique aspect of maternity nursing is that the nurse advocates for two individuals: the woman and the fetus.
- b. The use of technology is not unique to perinatal nursing.
- c. Currently, in the United States, decisions in perinatal nursing are not based on resources available.
- d. In perinatal nursing, the obligation to tell the truth is generally adhered to.

2. The American Nurses Association Code of Ethics for Nurses directs nurses to provide patient care that is:

ANS: d

- a. Adaptation rather than cure is the goal of nursing.
- b. Nursing does not define the value of a person by his or her utility.
- c. The Code of Ethics outlines the nursing professions nonnegotiable standard
- d. Respect for the inherent dignity, worth, and uniqueness of every individual is part of the Code of Ethics.

3. Evidence-based practice is the integration of the best:

- a. Randomized clinical trials, clinical expertise, and patients requests
- b. Research evidence, clinical expertise, and patients values
- c. Quantitative research, clinical expertise, and patients preferences
- d. Research findings, clinical experience, and patients preferences

ANS: b

- a. Evidence-based practice is the use of evidence that may include research beyond randomized clinical trials.
- b. These elements are the accepted definition of evidence-based practice.
- c. Qualitative research, as well as quantitative research, contributes to evidence-based practice.
- d. Clinical expertise, as well as clinical experience, defines evidence-based practice.

4. Infants whose mothers were obese during pregnancy are at higher risk for which of the following? (Select all that apply.)

- a. Childhood diabetes
- b. Heart defects
- c. Hypospadias
- d. Respiratory distress

ANS: a, b, c Fetuses and/or infants of women who were obese during pregnancy are at higher risk for spina bifida, health defects, anorectal atresia, hypospadias, intrauterine fetal death, birth injuries related to macrosomia, and childhood obesity and diabetes.

## Antepartal Period

### Chapter 3. Genetics, Conception, Fetal Development, and Reproductive Technology

1. The color of a persons hair is an example of which of the following? a. Genome b. Sex-link inheritance c. Genotype d. Phenotype

ANS: d

Feedback

- a. Genome is an organisms complete set of DNA.
- b. Sex-link inheritance refers to genes or traits that are located only on the X chromosome.
- c. Genotype refers to a persons genetic makeup.
- d. Correct. Phenotype refers to how genes are outwardly expressed, such as eye color, hair color, and height.

KEY: Integrated Process: Teaching and Learning | Cognitive Level: Analysis | Content Area: Maternity | Client Need: Health Promotion and Maintenance | Difficulty Level: Easy

2. Which of the following statements by a pregnant woman indicates she needs additional teaching on ways to reduce risks to her unborn child from the potential effects of exposure to toxoplasmosis? a. I will avoid rare lamb. b. I will wear a mask when cleaning my cats litter box. c. I understand that exposure to toxoplasmosis can cause blindness in the baby. d. I will avoid rare beef.

ANS: b

Feedback

- a. Exposure occurs when the protozoan parasite found in cat feces and uncooked or rare beef and lamb is ingested.
- b. Correct. Pregnant women and women who are attempting pregnancy should avoid contact with cat feces. Exposure occurs when the protozoan parasite found in cat feces and uncooked or rare beef and lamb is ingested. Wearing a mask will not decrease the risk through ingestion of the parasite.
- c. Exposure to toxoplasmosis can cause fetal death, mental retardation, and blindness.
- d. Exposure occurs when the protozoan parasite found in cat feces and uncooked or rare beef and lamb is ingested.

KEY: Integrated Process: Teaching and Learning | Cognitive Level: Application | Content Area: Maternity | Client Need: Health Promotion and Maintenance | Difficulty Level: Moderate

3. The fetal circulatory structure that connects the pulmonary artery with the descending aorta is known as which of the following? a. Ductus venosus b. Foramen ovale c. Ductus arteriosus d. Internal iliac artery

ANS: c

Feedback

- a. The ductus venosus connects the umbilical vein to the inferior vena cava.
- b. The foramen ovale is the opening between the right and left atria.
- c. Correct.

d. The internal iliac artery connects the external iliac artery to the umbilical artery.  
KEY: Integrated Process: Teaching and Learning | Cognitive Level: Knowledge | Content Area: Maternity | Client Need: Physiological Adaptation | Difficulty Level: Easy

4. A woman at 40 weeks gestation has a diagnosis of oligohydramnios. Which of the following statements related to oligohydramnios is correct?  
a. It indicates that there is a 25% increase in amniotic fluid.  
b. It indicates that there is a 25% reduction of amniotic fluid.  
c. It indicates that there is a 50% increase in amniotic fluid.  
d. It indicates that there is a 50% reduction of amniotic fluid.

ANS: d

Feedback

- a. Oligohydramnios is a decrease, not an increase in amniotic fluid.
- b. Oligohydramnios is a 50% reduction in amniotic fluid.
- c. Oligohydramnios is a decrease, not an increase in amniotic fluid.
- d. Correct. Oligohydramnios refers to a decreased amount of amniotic fluid of less than 500 mL at term or 50% reduction of normal amounts.

KEY: Integrated Process: Clinical Problem Solving | Cognitive Level: Application | Content Area: Maternity | Client Need: Reduction of Risk Potential | Difficulty Level: Moderate

5. A diagnostic test commonly used to assess problems of the fallopian tubes is:  
a. Endometrial biopsy  
b. Ovarian reserve testing  
c. Hysterosalpingogram  
d. Screening for sexually transmitted infections

ANS: c

Feedback

- a. Endometrial biopsy provides information on the response of the uterus to hormonal signals.
- b. Ovarian reserve testing is used to assess ovulatory functioning.
- c. Correct. Hysterosalpingogram provides information on the endocervical canal, uterine cavity, and fallopian tubes.
- d. STIs can cause adhesions within the fallopian tubes, but screening cannot confirm that adhesions are present.

KEY: Integrated Process: Teaching and Learning | Cognitive Level: Knowledge | Content Area: Maternity | Client Need: Safe and Effective Care Environment | Difficulty Level: Moderate

6. The nurse is interviewing a gravid woman during the first prenatal visit. The woman confides to the nurse that she lives with a number of pets. The nurse should advise the woman to be especially careful to refrain from coming in contact with the stool of which of the pets?

- a. Cat
- b. Dog
- c. Hamster
- d. Bird

ANS: a

Feedback