Essentials of Maternity Newborn and Women's Health Nursing 5th edition Ricci Test Bank

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1. A group of nurses are discussing the reasons for the United States' low rankings for infant and maternal mortality and what impact they could make on these mortality rates in their practice. Which action could nurses implement to reduce these rates?
A. ensuring that all pregnant clients receive their immunizations
B. assuring early and adequate prenatal care
C. providing more extensive women's shelters
D. encouraging all women to eat a balanced diet

Answer: B

Rationale: The lack of prenatal care during pregnancy is a major contributing factor to a poor outcome. Prenatal care is well known to prevent complications of pregnancy and to support the birth of healthy infants. Infant mortality commonly includes problems occurring at birth or shortly thereafter. Thus, assuring early and adequate prenatal care would have the greatest impact on decreasing these rates. Receiving immunizations will help prevent some infant diseases, but it does not have a major impact on overall maternal and infant mortality. Providing more extensive women's shelters would be helpful for those women who have experience intimate partner violence. Encouraging women to eat balanced diets helps, but it does not prevent genetic factors that could be detected by ensuring early and adequate prenatal care.
Question format: Multiple Choice
Chapter 1: Perspectives on Maternal, Newborn, and Women's Health Care
Cognitive Level: Apply
Client Needs: Health Promotion and Maintenance
Reference: p. 10-12

2. When integrating the principles of family-centered care into the birthing process, the nurse would base care upon which belief?
A. Birth is viewed as a medical event.
B. Families are unable to make informed choices due to stress.
C. Birth results in changes in relationships.
D. Families require little information to make appropriate decisions for care.

Answer: C

Rationale: Family-centered care is based on the following principles: Birth affects the entire family, and relationships will change; birth is viewed as a normal, healthy event in the life of the family; and families are capable of making decisions about their own care if given adequate information and professional support.
Question format: Multiple Choice
Chapter 1: Perspectives on Maternal, Newborn, and Women's Health Care
Cognitive Level: Apply
Client Needs: Health Promotion and Maintenance
Integrated Process: Caring
Reference: p. 6-7

Essentials of Maternity Newborn and Women's Health Nursing 5th edition Ricci Test Bank

3. When preparing a teaching plan for a group of women during their first pregnancy, the nurse reviews how maternity care has changed over the years. Which information would the nurse include when discussing events occurring in the 20th century?
A. Epidemics of puerperal fever
B. Performance of the first cesarean birth
C. X-ray developed to assess pelvic size
D. Development of free-standing birthing centers (LDRPs)

Answer: D

Rationale: In the 20th century (1900s), free-standing birth centers (LDRPs) were developed. Puerperal fever epidemics, the first cesarean birth, and X-ray to assess pelvic size were events occurring during the 19th century (1800s).
Question format: Multiple Choice
Chapter 1: Perspectives on Maternal, Newborn, and Women's Health Care
Cognitive Level: Understand
Client Needs: Health Promotion and Maintenance
Integrated Process: Teaching/Learning
Reference: p. 4

4. The nurse is working with a group of community health members to develop a plan to address the special health needs of women. The group would design educational programs to address which **priority** condition?
A. Smoking
B. Heart disease
C. Diabetes
D. Cancer

Answer: B

Rationale: The group needs to address cardiovascular disease, the number one cause of death in women regardless of racial or ethnic group. Smoking is related to heart disease and the development of cancer. However, heart disease and cancer can occur in any woman regardless of her smoking history. Cancer is the second leading cause of death, with women having a one in three lifetime risk of developing cancer. Diabetes is another important health condition that can affect women. However, it is not the major health problem that heart disease is.
Question format: Multiple Choice
Chapter 1: Perspectives on Maternal, Newborn, and Women's Health Care
Cognitive Level: Apply
Client Needs: Health Promotion and Maintenance
Integrated Process: Nursing Process
Reference: p. 12-13

5. A nurse is conducting an orientation program for a group of newly hired nurses. As part of the program, the nurse is reviewing the issue of informed consent. The nurse determines that the

teaching was effective when the group identifies which situation as a violation of informed consent?
A. Performing a procedure on a 15-year-old without parental consent
B. Serving as a witness to the signature process on an operative permit
C. Asking whether the client understands what she is signing following receiving education
D. Getting verbal consent over the phone for an emergency procedure from the spouse of a unconscious woman

Answer: A

Rationale: In most states, only clients over the age of 18 can legally provide consent for health care. Serving as a witness to the signature process, asking whether the client understands what she is signing, and getting verbal consent over the phone for emergency procedures are all key to informed consent and are not violations.
Question format: Multiple Choice
Chapter 1: Perspectives on Maternal, Newborn, and Women's Health Care
Cognitive Level: Analyze
Client Needs: Safe, Effective Care Environment: Management of Care
Integrated Process: Nursing Process
Reference: p. 30-31

6. A pregnant woman is to undergo an invasive procedure to evaluate the status of her fetus. To ensure informed consent, which action would be the **priority** responsibility of the nurse providing care to this woman?
A. Asking relevant questions to determine the client's understanding
B. Providing a detailed description of the risks and benefits of the procedure
C. Explaining the exact steps that will occur during the procedure
D. Offering suggestions for alternative options for treatment

Answer: A

Rationale: The nurse's responsibilities related to informed consent include: Ensuring the consent form is completed with signatures from the client; serving as a witness to the signature process; and determining whether the client understands what she is signing by asking her pertinent questions. The physician, advanced practice nurse, or midwife is responsible for informing the client about the procedure and obtaining consent by providing a detailed description of the procedure or treatment, its potential risks and benefits, and alternative methods available.
Question format: Multiple Choice
Chapter 1: Perspectives on Maternal, Newborn, and Women's Health Care
Cognitive Level: Apply
Client Needs: Safe, Effective Care Environment: Management of Care
Integrated Process: Nursing Process
Reference: p. 30-31

7. The family is the basic unit of society. Which statement correctly illustrates the importance of this concept related to how society functions?

Essentials of Maternity Newborn and Women's Health Nursing 5th edition Ricci Test Bank

A. Healthy, well-functioning families provide members of all ages with fulfilling, supporting relationships.
B. The family serves as a place that encourages members to autonomously function in pursuit of personal pleasures.
C. Society functions best when families determine how they will interface with others without having to deal with the overall consequences.
D. Work is an important part of family function but is not necessary for success if one member can fulfill multiple roles.

Answer: A

Rationale: The family is the basic unit of society. In order for this to work well, members of the family must work together. Families make a central contribution to enhance the quality of our society. Families must consider how their actions will impact others, and one member cannot fulfill all roles within the family.
Question format: Multiple Choice
Chapter 1: Perspectives on Maternal, Newborn, and Women's Health Care
Cognitive Level: Understand
Client Needs: Health Promotion and Maintenance
Integrated Process: Nursing Process
Reference: p. 14

8. A nursing group is examining their hospital's maternal outcomes for the previous 5 years. Which identified factors have contributed to the decline in the maternal mortality rate? Select all that apply.
A. Increased participation of women in prenatal care
B. Use of ultrasound to detect disorders
C. Increased use of anesthesia with birth
D. Closer monitoring for complications associated with hypertension of pregnancy
E. Better management of hemorrhage and infection

Answer: A, B, D, E

Rationale: The following factors have contributed to the decline in the maternal mortality rate: increased participation of women in prenatal care; greater detection of disorders such as ectopic pregnancy or placenta previa; prevention of related complications through the use of ultrasound; increased control of complications associated with hypertension of pregnancy; and decreased use of anesthesia with birth.
Question format: Multiple Select
Chapter 1: Perspectives on Maternal, Newborn, and Women's Health Care
Cognitive Level: Understand
Client Needs: Health Promotion and Maintenance
Integrated Process: Nursing Process
Reference: p. 10-11

Essentials of Maternity Newborn and Women's Health Nursing 5th edition Ricci Test Bank

9. The nursing student correctly identifies black infants to have consistently higher infant mortality rates than other ethnic groups in the United States. What factors that contribute to this problem can nurses have the greatest impact upon? Select all that apply.
A. encouraging regular maternal prenatal visits
B. nutritional teaching prior to and during pregnancy
C. improving maternal educational levels
D. supporting maternal choices for alternative birthing methods
E. discouraging use of tobacco and nonprescribed medications during pregnancy

Answer: A, B, E

Rationale: Causes of increased infant mortality rates include preterm birth, congenital anomalies and chromosomal defects, SIDS, use of tobacco, and medications not approved by the health care provider. Improved maternal education levels will not prevent infant deaths, and support of alternative birthing methods and locations may lead to complications.
Question format: Multiple Select
Chapter 1: Perspectives on Maternal, Newborn, and Women's Health Care
Cognitive Level: Apply
Client Needs: Health Promotion and Maintenance
Reference: p. 10-11

10. The nurse instructs the new mother about some health promotion strategies that could significantly improve her infant's health and chance of survival. These strategies would include which actions? Select all that apply.
A. breastfeeding
B. placing infant on stomach to sleep
C. placing infant on back to sleep
D. mothers joining support groups
E. formula feeding

Answer: A, C, D

Rationale: Certain health promotion strategies after birth can significantly improve an infant's health and chances of survival. Breastfeeding has been shown to reduce rates of infection in infants and to improve their long-term health. Placing an infant on his or her back when sleeping will reduce the incidence of sudden-infant death syndrome. Encouraging mothers to join support groups to prevent postpartum depression and learn sound childrearing practices will improve the health of both the mothers and their infants.
Question format: Multiple Select
Chapter 1: Perspectives on Maternal, Newborn, and Women's Health Care
Cognitive Level: Apply
Client Needs: Health Promotion and Maintenance
Reference: p. 10-11

Essentials of Maternity Newborn and Women's Health Nursing 5th edition Ricci Test Bank

11. A nurse is integrating information about family-centered care when developing a teaching plan for a pregnant woman and her family. Which statement by the woman indicates to the nurse that the teaching was effective?
A. "It's not just me affected by the baby. My whole family will be affected."
B. "This is a stressful time for our family, so we won't be making any of the health care decisions."
C. "Since I'm the mother, this whole process of birth will affect me primarily."
D. "Birth is a medical problem, so it can affect everyone."

Answer: A

Rationale: Birth affects the entire family, and relationships will change. Birth is viewed as a normal life event, not a medical procedure. Families are very capable of making health care decisions about their own care with proper information and support.
Question format: Multiple Choice
Chapter 1: Perspectives on Maternal, Newborn, and Women's Health Care
Cognitive Level: Analyze
Client Needs: Health Promotion and Maintenance
Reference: p. 6-7

12. A nurse is reading a journal article about health status goals and how they have evolved over the years. Which issue would the nurse **most** likely identify as the focus of these goals in the past century?
A. disease prevention
B. health promotion
C. wellness
D. morbidity and mortality analysis

Answer: D

Rationale: The focus on health has shifted in this century to disease prevention, health promotion, and wellness. In the last century, much of the focus was on analyzing morbidity and mortality rates.
Question format: Multiple Choice
Chapter 1: Perspectives on Maternal, Newborn, and Women's Health Care
Cognitive Level: Apply
Client Needs: Health Promotion and Maintenance
Reference: p. 8-9

13. A nurse is developing a plan of care for a pregnant client to address the continuum of care from pregnancy through birth. Which aspect would the nurse include as essential to enhancing the woman's birthing experience?
A. ensuring adherence to strict specific routines
B. involving a pediatric care provider for care of the child after birth
C. educating the client about the importance of a support person
D. assigning several nurses to act as the woman's support team

Essentials of Maternity Newborn and Women's Health Nursing 5th edition Ricci Test Bank

Answer: C

Rationale: Research has demonstrated that educating the client about the importance of a support person during labor and birth has been shown to improve and enhance the birthing experience. There is no evidence to suggest that adherence to strict specific routines or the involvement of pediatric care provider enhances the birth experience. Research does indicate that the support, when provided by someone other than a facility staff member and initiated early in labor, proved to be more effective. Thus assigning several nurses to act as a support team would not be as effective.
Question format: Multiple Choice
Chapter 1: Perspectives on Maternal, Newborn, and Women's Health Care
Cognitive Level: Apply
Client Needs: Health Promotion and Maintenance
Reference: p. 6

14. A nurse is working as part of a committee that is developing facility policies to enhance family-centered care. The committee demonstrates application of the principles of this concept when they implement which guideline?
A. Describe to each family that birth is a procedure requiring specific steps.
B. Provide families with information to encourage them to make informed choices.
C. Educate families about the need to maintain the status quo in relationships.
D. Limit discussion of information about decision making to family requests for such.

Answer: B

Rationale: Family-centered care is based on the following principles: birth affects the entire family, and relationships will change; birth is viewed as a normal, healthy event in the life of the family; and families are capable of making decisions about their own care if given adequate information and professional support.
Question format: Multiple Choice
Chapter 1: Perspectives on Maternal, Newborn, and Women's Health Care
Cognitive Level: Apply
Client Needs: Health Promotion and Maintenance
Reference: p. 6-7

15. A nurse is participating in an online continuing education course that addresses maternal and newborn health. The nurse is engaging in an interactive activity that requires checking off the causes associated with pregnancy-related mortality. Which condition if checked by the nurse as a cause indicates the need to go back and review the information?
A. hemorrhage
B. embolism
C. precipitous labor
D. infection

Answer: C

Essentials of Maternity Newborn and Women's Health Nursing 5th edition Ricci Test Bank

Rationale: Most pregnancy-related complications (60%) are preventable. The top five leading causes of pregnancy-related mortality are postpartum hemorrhage, postpartum infection, preeclampsia and eclampsia, cardiovascular diseases, and abortion complications.
Question format: Multiple Choice
Chapter 1: Perspectives on Maternal, Newborn, and Women's Health Care
Cognitive Level: Analyze
Client Needs: Health Promotion and Maintenance
Reference: p. 10-11

16. The nurse is working with a group of community health members to develop a plan to address the special health needs of women. Which educational program would the group **most** likely identify as the priority?
A. risk reduction strategies for diabetes
B. methods for smoking cessation
C. ways to adopt a heart-healthy lifestyle
D. importance of cancer screening and early detection

Answer: C

Rationale: The group needs to address cardiovascular disease, the number one cause of death in women regardless of racial or ethnic group. Thus, education for adopting a heart-healthy lifestyle would be the priority. Smoking is related to heart disease and the development of cancer. However, heart disease and cancer can occur in any woman regardless of her smoking history. Cancer is the second leading cause of death, with women having a one in three lifetime risk of developing cancer. Diabetes is another important health condition that can affect women. However, it is not the major health problem that heart disease is, and thus educational programs focusing on smoking cessation, cancer screening and early detection, and diabetes risk reduction would be lesser priorities.
Question format: Multiple Choice
Chapter 1: Perspectives on Maternal, Newborn, and Women's Health Care
Cognitive Level: Analyze
Client Needs: Health Promotion and Maintenance
Integrated Process: Nursing Process
Reference: p. 12-13

17. A nurse manager is interviewing a potential candidate for employment in the perinatal clinic. During the interview, the nurse manager asks the nurse about her understanding of family-centered care. Which statement by the interviewee demonstrates understanding of this concept?
A. "Families lack the ability to make health care decisions for themselves."
B. "Birth rarely affects the relationships within a family."
C. "Mothers are the family members affected by birth."
D. "Sensitivity to and respect for the family's culture is important."

Answer: D

Essentials of Maternity Newborn and Women's Health Nursing 5th edition Ricci Test Bank

Rationale: Family-centered care requires the nurse to apply sensitivity to the client's and family's beliefs and those supporting their culture. This involves listening to the family's needs and shifting the nurse's authoritarian role to the family to empower them to make their own decisions within the context of a supportive environment. A true family perspective should be applied in maternity care and the new parents viewed as a family unit, not as a medical case. Birth affects the entire family, not just the mother, and relationships will change. Birth is viewed as a normal life event, not a medical procedure. Families are capable of making health care decisions about their own care with information and support.
Question format: Multiple Choice
Chapter 1: Perspectives on Maternal, Newborn, and Women's Health Care
Cognitive Level: Analyze
Client Needs: Psychosocial Integrity
Reference: p. 6-7

18. A nurse is reading a journal article about the trends in health care and health care delivery over the past several centuries. When reading about the practices during the 18th century, which information would the nurse find?
A. use of health care providers for birth
B. epidemics of puerperal fever
C. use of twilight sleep for birth
D. absence of men attending birth

Answer: D

Rationale: During the 18th century (1700s), men did not attend births because it was thought to be indecent. The use of primary care providers for birth occurred during the 19th century, which was also the time of puerperal fever epidemics. Twilight sleep was used in the 20th century.
Question format: Multiple Choice
Chapter 1: Perspectives on Maternal, Newborn, and Women's Health Care
Cognitive Level: Remember
Client Needs: Health Promotion and Maintenance
Reference: p. 4-5

19. A nurse is conducting a presentation to a local women's community group about strategies to promote health and wellness and prevent illness. After the presentation, the nurse determines that the teaching was successful based on which statement by the group when describing health?
A. "Health is the state of being completely disease free."
B. "It is based on analysis of statistics about diseases and deaths."
C. "Health is simply a state of overall wellness."
D. It is complete physical, mental, and social well-being."

Answer: D

Rationale: The World Health Organization (WHO, 2018a) defines health as "a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." The

Essentials of Maternity Newborn and Women's Health Nursing 5th edition Ricci Test Bank

definition of health is complex; it is not merely the absence of disease or an analysis of mortality and morbidity statistics.
Question format: Multiple Choice
Chapter 1: Perspectives on Maternal, Newborn, and Women's Health Care
Cognitive Level: Apply
Client Needs: Health Promotion and Maintenance
Reference: p. 8-9

20. A nurse is providing family-centered care to a pregnant woman and her family. When implementing care, which action by the nurse would be **most** appropriate?
A. making the decisions for the woman
B. focusing on medical procedures associated with birth
C. informing the woman what pain relief methods will be used during labor
D. asking the woman about her plans for labor and birth

Answer: D

Rationale: Family-centered care requires the nurse to apply sensitivity to the client's and family's beliefs and those supporting their culture. This involves listening to the family's needs and shifting the nurse's authoritarian role to the family to empower them to make their own decisions within the context of a supportive environment. The nurse would not make decisions for the woman, focus on the medical aspects of care, or inform the woman about what pain relief methods would be used. Rather the nurse works with the woman and seeks her input about care. These suggestions and advice are incorporated into the client's plan of care.
Question format: Multiple Choice
Chapter 1: Perspectives on Maternal, Newborn, and Women's Health Care
Cognitive Level: Apply
Client Needs: Health Promotion and Maintenance
Reference: p. 6-7

21. A perinatal nurse is interviewing a group a women in the community about health care services. Assessment of these services reveals that many of them are being underutilized. Which statement from the women would assist the nurse in identifying potential reasons for this underutilization? Select all that apply.
A. "The services are hard to get to by public transportation."
B. "The clinic is only open during the morning hours."
C. "The staff seems to look down on us when we do come in."
D. "There are staff there that can speak our language."
E. "You need insurance to go to the clinic."

Answer: A, B, C, E

Rationale: Access to care can be jeopardized by lower incomes and greater responsibilities when juggling work and family. Lack of finances or transportation, geographic misdistribution of health care providers, no babysitters, language or cultural barriers, distrust of health care providers, inconvenient clinic hours, and the poor attitudes of health care workers often

discourage clients from seeking health care. Having staff that speak the language of the client population would be helpful in encouraging clients to use the services.
Question format: Multiple Select
Chapter 1: Perspectives on Maternal, Newborn, and Women's Health Care
Cognitive Level: Analyze
Client Needs: Health Promotion and Maintenance
Integrated Process: Nursing Process
Reference: p. 24-25

22. A public health nurse is developing programs to educate parents on infant mortality. Which complications would the nurse include in the education? Select all that apply.
A. Tricuspid atresia
B. 39-week gestation birth
C. 3,6 kg birth weight
D. Anencephalus
E. Spina bifida

Answer: A, D, E

Rationale: The main causes of early infant death in this country include problems occurring at birth or shortly thereafter. These include prematurity, low birth weight, congenital anomalies, sudden infant death syndrome (SIDS), and respiratory distress syndrome. A pregnancy at 39 weeks would be considered a term pregnancy. A birth weight of 3.6 kg would be considered appropriate.
Question format: Multiple Select
Chapter 1: Perspectives on Maternal, Newborn, and Women's Health Care
Cognitive Level: Understand
Client Needs: Health Promotion and Maintenance
Integrated Process: Teaching/Learning
Reference: p. 11

Essentials of Maternity Newborn and Women's Health Nursing 5th edition Ricci Test Bank

Pre-Lecture Quiz, Chapter 1, Perspectives on Maternal, Newborn, and Women's Health Care

True/False

1. Congenital anomalies are the leading cause of infant mortality in the United States.

2. A doula is a nurse midwife.

3. Mortality refers to the prevalence of a specific illness in a population over a given time.

4. Low socioeconomic status typically has an adverse effect on an individual's health.

5. Cancer is the leading cause of death in women.

Fill-in-the-Blank

1. Neonatal _____ rate refers to the number of infant deaths occurring during the first 28 days of life per 1000 live births.

2. The _____ is considered the basic social unit.

3. _____ disease is the number one cause of death of women.

4. The fastest-growing segment of the homeless population is families with _____.

5. _____ is often a time when physical abuse starts or escalates.

Essentials of Maternity Newborn and Women's Health Nursing 5th edition Ricci Test Bank

Answers to Pre-Lecture Quiz, Chapter 1, Perspectives on Maternal, Newborn, and Women's Health Care

True/False

1. True
2. False
3. False
4. True
5. False

Fill-in-the-Blank

1. mortality
2. family
3. Cardiovascular
4. children
5. Pregnancy

Essentials of Maternity Newborn and Women's Health Nursing 5th edition Ricci Test Bank