

## Chapter 02: Human Reproductive Anatomy and Physiology

### MULTIPLE CHOICE

1. A 14-year-old boy is at the pediatric clinic for a checkup. What physical changes of puberty will the nurse indicate are related to the production of testosterone?

- a. Stimulation of production of white cells and platelets
- b. Promotion of growth of small bones
- c. Increase in muscle mass and strength
- d. Decrease in production of sebaceous gland secretions

ANS: C

Testosterone increases muscle mass, promotes strength and growth of long bones, and enhances production of red blood cells.

DIF: Cognitive Level: Knowledge REF: Page 22

TOP: Male Reproductive System KEY: Nursing Process Step: Data Collection

MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

2. The nurse is educating high school students about puberty. What will the nurse indicate regulates the production of sperm and secretion hormones?

- a. Testes
- b. Vas deferens
- c. Ejaculatory ducts
- d. Prostate gland

ANS: A

The testes have two functions: manufacture of spermatozoa and secretion of androgens.

DIF: Cognitive Level: Knowledge REF: Page 23 MYRSINGTB.COM

TOP: Male Reproductive System KEY: Nursing Process Step: Implementation

MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

3. The nurse is speaking with a couple trying to conceive a child. What will the nurse remind the couple is a factor that can decrease sperm production?

- a. Infrequent sexual intercourse
- b. The man not being circumcised
- c. The penis and testes being small
- d. The testes being too warm

ANS: D

The scrotum is suspended away from the perineum to keep the temperature of the testes for sperm production.

DIF: Cognitive Level: Comprehension REF: Page 24

TOP: Male Reproductive System KEY: Nursing Process Step: Implementation

MSC: NCLEX: Physiological Integrity: Reduction of Risk

4. When describing the female reproductive tract to a pregnant woman, the nurse would explain that which uterine layer is involved in implantation?

- a. Perimetrium
- b. Endometrium
- c. Myometrium
- d. Internal os

ANS: B

The endometrium is the inner mucosal layer of the uterus that is governed by cyclical hormonal changes. It is functional during menstruation and during the implantation of a fertilized ovum.

DIF: Cognitive Level: Knowledge REF: Page 23

TOP: Female Reproductive System KEY: Nursing Process Step: Implementation

MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

5. A group of nursing students plans to teach a class of sixth-grade girls about menstruation. What correct information will the nursing students teach to the class?

- a. Menarche usually occurs around 12 years of age.
- b. Ovulation occurs regularly from the very first cycle.
- c. A regular cycle is established by the third period.
- d. Typically, menstrual flow is heavy and lasts up to 10 days.

ANS: A

The beginning of menstruation, called menarche, occurs at about 12 years of age. Early cycles are irregular and anovulatory.

DIF: Cognitive Level: Comprehension REF: Page 29

TOP: Female Reproductive Cycle and Menstruation

KEY: Nursing Process Step: Planning

MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

6. A 10-year-old girl asks the nurse, What is the first sign of puberty? What is the correct nursing response?

- a. An increase in height
- b. Breast development
- c. Appearance of axillary hair
- d. The first menstrual period

ANS: B

The first outward change of puberty in girls is the development of breasts at about 10 to 11 years of age.

DIF: Cognitive Level: Knowledge REF: Page 23

TOP: PubertyFemale KEY: Nursing Process Step: Implementation

MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

7. A 12-year-old female pediatric patient experienced menarche 3 months ago. Her mother voices concern to the pediatric office nurse regarding the irregularity of her daughters menstrual cycle. What is the nurses best response?

- a. Worrying is not the answer.
- b. I will talk to the pediatrician about a gynecological referral.
- c. I can only discuss this with your daughter.
- d. Early cycles are often irregular.

ANS: D

Early cycles are often irregular and may be anovulatory. Regular cycles are usually established within 6

months to 2 years of the menarche. In an average cycle, the flow (menses) occurs every 28 days, plus or minus 5 to 10 days.

DIF: Cognitive Level: Application REF: Page 29

TOP: Menstrual Cycle KEY: Nursing Process Step: Implementation

MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

8. Which hormone initiates the maturation of the ovarian follicle?

- a. Estrogen
- b. Follicle-stimulating hormone
- c. Progesterone
- d. Luteinizing hormone

ANS: B

Follicle-stimulating hormone (FSH) stimulates the maturation of a follicle.

DIF: Cognitive Level: Knowledge REF: Page 29

TOP: Female Reproductive Cycle KEY: Nursing Process Step: N/A

MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

9. What statement indicates a woman has correct information about oogenesis?

- a. Women make fewer ova as they age.
- b. Women have all of their ova at the time they are born.
- c. Ova production begins at birth and continues until puberty.
- d. New ova are made every month from puberty to climacteric.

ANS: B

Oogenesis (formation of immature ova) does not occur after fetal development. Females are born with about 2 million immature ova, which rapidly reduce by adulthood.

DIF: Cognitive Level: Comprehension REF: Page 27

TOP: Female Reproductive Cycle KEY: Nursing Process Step: Evaluation

MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

10. A pregnant woman asks the nurse, Will I be able to have a vaginal delivery? The nurse knows that which is the most favorable pelvic type for vaginal birth?

- a. Gynecoid
- b. Android
- c. Anthropoid
- d. Platypelloid

ANS: A

The gynecoid pelvis is the typical female pelvis and is most favorable for vaginal birth.

DIF: Cognitive Level: Knowledge REF: Page 27

TOP: Female Reproductive System KEY: Nursing Process Step: Implementation

MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease

11. A mother is anxious about her ability to breastfeed after her child is born because of her small breast size. What would be an important point to teach this mother?

- a. Milk is produced in ducts and lobules regardless of breast size.
- b. Supplementing breastfeeding with formula allows the infant to receive adequate nutrition.
- c. Breast size can be increased with exercise.
- d. Drinking extra milk during pregnancy allows breasts to produce adequate amounts of milk.

ANS: A

Breast size does not influence the ability to secrete milk.

DIF: Cognitive Level: Comprehension REF: Page 29

TOP: Female Reproductive System KEY: Nursing Process Step: Implementation

MSC: NCLEX: Psychosocial Integrity: Psychosocial Adaptation

12. For what is the decrease in estrogen and progesterone during the menstrual cycle responsible?

- a. Degeneration of the corpus luteum
- b. Ovulation
- c. Follicle maturation
- d. Shedding of the endometrium

ANS: D

The fall in estrogen and progesterone causes the endometrium to break down, resulting in menstruation.

DIF: Cognitive Level: Comprehension REF: Page 29

TOP: Female Reproductive Cycle KEY: Nursing Process Step: Implementation

MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

13. The nurse is assisting with pelvic inlet measurements on a pregnant woman. What measurement will

provide the nurse with information about whether the woman can deliver vaginally?

- a. Diagonal conjugate
- b. Obstetric conjugate
- c. Transverse diameter
- d. Anteroposterior diameter

ANS: B

This measurement determines if the fetus can pass through the birth canal.

DIF: Cognitive Level: Comprehension REF: Page 28

TOP: Female Reproductive System KEY: Nursing Process Step: Implementation

MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease

14. The nurse has explained menstruation to a 13-year-old girl. What statement indicates the girl needs additional education?

- a. Periods last about 5 days.
- b. My cycle should get regular in 6 months.
- c. I should expect heavy bleeding with clots.
- d. Periods come about every 4 weeks.

ANS: C

Clots are not normally seen in menstrual discharge. A normal menstrual flow is 30 to 40 mL blood and 30 to 50 mL serous fluid.

DIF: Cognitive Level: Comprehension REF: Page 29

TOP: Female Reproductive Cycle KEY: Nursing Process Step: Evaluation

MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

15. A mother asks the nurse, When will I know my child has entered puberty? What will the nurse state based on an understanding of changes associated with puberty?

- a. Your daughter will have her first period.
- b. You'll recognize puberty by the mood swings.
- c. The child becomes interested in the opposite sex.
- d. Secondary sex characteristics, such as pubic hair, appear.

ANS: D

Puberty begins when the secondary sex characteristics appear. Puberty ends when mature sperm are formed in the male and when regular menstrual cycles occur in the female.

DIF: Cognitive Level: Comprehension REF: Page 22

TOP: Puberty KEY: Nursing Process Step: Implementation

MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

16. A nurse is planning to teach couples about the physiology of the sex act. What correct information will the nurse provide?

- a. Fertilization of an ovum requires penetration by several sperm.
- b. An ovum must be fertilized within 24 hours of ovulation.
- c. It takes 4 to 5 days for sperm to reach the fallopian tubes.
- d. Sperm live for only 24 hours following ejaculation.

ANS: B

After ovulation, the egg lives for only 24 hours. Sperm must be available during that time if fertilization is to occur.

DIF: Cognitive Level: Comprehension REF: Page 31

TOP: Physiology of the Sex Act KEY: Nursing Process Step: Planning

MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

17. A newly married couple tells the nurse they would like to wait a few years before starting a family. Which

statement made by the man indicates an understanding about sexual activity and pregnancy?

- a. My wife cant get pregnant if I withdraw before climax.
- b. A man can secrete semen before ejaculation.
- c. If we dont have intercourse very often, my wife wont get pregnant.
- d. It is safe to ejaculate outside the vagina.

ANS: B

Semen may be secreted during sexual intercourse before ejaculation.

DIF: Cognitive Level: Comprehension REF: Page 31

TOP: Male Reproductive System KEY: Nursing Process Step: Evaluation

MSC: NCLEX: Physiological Integrity: Reduction of Risk

18. The nurse is aware that the diagonal conjugate is 12 centimeters. What is the measurement in centimeters of the obstetric conjugate?

- a. 10 to 10.5
- b. 11 to 11.5
- c. 12.5 to 13
- d. 14 to 14.5

ANS: A

The obstetric conjugate is approximately 1.5 to 2 centimeters shorter than the diagonal conjugate.

DIF: Cognitive Level: Knowledge REF: Page 28

TOP: Obstetric Conjugate KEY: Nursing Process Step: Implementation

MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease

19. The nurse uses a diagram to demonstrate the fimbriae when teaching nursing students about the female anatomy. What is true about fimbriae?

- a. They form the passageway for the sperm to meet the ovum.
- b. They are the site of fertilization.
- c. They are fingerlike projections that capture the ovum.
- d. They propel the egg through the fallopian tube.

ANS: C

Fimbriae are the fingerlike projections from the infundibulum that capture the ovum at ovulation and conduct it into the fallopian tube.

DIF: Cognitive Level: Comprehension REF: Page 27

TOP: Fimbriae KEY: Nursing Process Step: Implementation

MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

20. What will the nurse explain to a 12-year-old patient when describing what characterizes nocturnal emissions?

- a. A drop in testosterone level
- b. Sexual stimulation
- c. Absence of sperm in ejaculate
- d. Association with violent dreams

ANS: C

Nocturnal emissions, also known as wet dreams, occur without sexual stimulation and contain no sperm.

Testosterone levels are constant until midlife.

DIF: Cognitive Level: Comprehension REF: Page 23

TOP: Nocturnal Emissions KEY: Nursing Process Step: Implementation

MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

21. The nurse is educating a pregnant patient who expects to breastfeed. The nurse knows that when a patient breastfeeds, which portions of the breast secrete milk?