

**Chapter 2: Ethics and Standards of Practice Issues**

Multiple Choice

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

Feedback 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.

KEY: Integrated Process: Caring | Cognitive Level: Application | Content Area: Maternity | Client Need: Safe and Effective Care Environment | Difficulty Level: Moderate 2. The

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

- a. Curative
- b. Utilitarian
- c. Negotiable
- d. Respectful

ANS: d

Feedback 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 profession's nonnegotiable ethical standard. d. Respect for the inherent dignity, worth, and uniqueness of every individual is part of the Code of Ethics. KEY: Integrated Process: Caring | Cognitive Level: Analysis | Content Area: Maternity | Client Need: Safe and Effective Care Environment | Difficulty Level: Moderate

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

Feedback 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.

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

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.

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

### **Chapter 3: Genetics, Conception, Fetal Development, and Reproductive Technology**

Multiple Choice

1. The color of a person's 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 organism's 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 person's 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 cat's 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:

a. The patient should refrain from coming in direct contact with cat feces. Cats often harbor toxoplasmosis, a teratogenic illness. b. No pathology has been associated with the feces of pet dogs. c. No pathology has been associated with the feces of pet hamsters. d. No pathology has been associated with the feces of pet birds.

KEY: Integrated Process: Nursing Process: Implementation; Teaching and Learning | Cognitive Level: Application | Content Area: Antepartum Care; Disease Prevention | Client Need: Health Promotion and Maintenance | Difficulty Level: Easy

7. A client is to take Clomiphene Citrate for infertility. Which of the following is the expected action of this medication?

a. Decrease the symptoms of endometriosis b. Increase serum progesterone levels c. Stimulate release of FSH and LH d. Reduce the acidity of vaginal secretions

ANS: c

Feedback:

a. Clomiphene Citrate will not reduce a client's symptoms of endometriosis. b. Clomiphene Citrate will not increase a client's progesterone levels. c. Clomiphene Citrate stimulates release of FSH and LH. d. Clomiphene Citrate will not reduce the acidity of vaginal secretions.

KEY: Integrated Process: Nursing Process: Evaluation | Cognitive Level: Comprehension | Content Area: Pharmacological and Parenteral Therapies: Expected Effects/Outcomes |

Client Need: Physiological Integrity: Pharmacological and Parenteral Therapies |  
Difficulty Level: Moderate

8. The nurse takes the history of a client, G2 P1, at her first prenatal visit. The client is referred to a genetic counselor, due to her previous child having a diagnosis of \_\_\_\_\_.

a. Unilateral amblyopia  
b. Subdural hematoma  
c. Sickle cell anemia  
d. Glomerular nephritis

ANS: c

Feedback

a. Amblyopia rarely results from a genetic predisposition.  
b. A subdural hematoma does not result from a genetic defect.  
c. Sickle cell anemia is an autosomal recessive illness. This client needs to be seen by a genetic counselor.  
d. Glomerular nephritis does not result from a genetic defect.

KEY: Integrated Process: Communication and Documentation; Nursing Process: Assessment | Cognitive Level: Application | Content Area: Antepartum Care; Collaboration with Interdisciplinary Team; Health History; Referrals | Client Need: Health Promotion and Maintenance; Safe and Effective Care Environment: Referrals | Difficulty Level: Moderate

9. A nurse is teaching a woman about her menstrual cycle. The nurse states that \_\_\_\_\_ is the most important change that happens during the secretory phase of the menstrual cycle.

a. Maturation of the graafian follicle  
b. Multiplication of the fimbriae  
c. Secretion of human chorionic gonadotropin  
d. Proliferation of the endometrium

ANS: d

Feedback

a. The maturation of the graafian follicle occurs during the follicular phase.  
b. There is no

such thing as the multiplication of the fimbriae.c. Human chorionic gonadotropin is secreted by the fertilized ovum during the early weeks of a pregnancy.d. The proliferation of the endometrium occurs during the secretory phase of the menstrual cycle.

KEY: Integrated Processes: Nursing Process: Implementation; Teaching and Learning | Cognitive Level: Knowledge | Content Area: Health and Wellness | Client Need: Health Promotion and Maintenance | Difficulty Level: Difficult

10. An ultrasound of a fetus' heart shows that –normal fetal circulation is occurring. || Which of the following statements is consistent with the finding?

- a. A right to left shunt is seen between the atria.
- b. Blood is returning to the placenta via the umbilical vein.
- c. Blood is returning to the right atrium from the pulmonary system.
- d. A right to left shunt is seen between the umbilical arteries.

ANS: a

Feedback

a. This is correct. The foramen ovale is a duct between the atria. In fetal circulation, there is a right to left shunt through the duct.b. Blood returns to the placenta via the umbilical arteries.c. Most of the blood bypasses the pulmonary system. The blood that does enter the pulmonary system returns to the left atrium.d. There is no duct between the umbilical arteries.

KEY: Integrated Process: Nursing Process: Analysis | Cognitive Level: Comprehension | Content Area: Antepartum Care | Client Need: Health Promotion and Maintenance | Difficulty Level: Difficult

11. The clinic nurse knows that the part of the endometrial cycle occurring from ovulation to just prior to menses is known as the:

- a. Menstrual phase.
- b. Proliferative phase.
- c. Secretory phase.
- d. Ischemic phase.

ANS: c

Feedback

a. The menstrual phase is the time of vaginal bleeding, approximately days 1 to 6. b. The proliferative phase ends the menses through ovulation, approximately days 7 to 14. c. The secretory phase occurs from the time of ovulation to the period just prior to menses, or approximately days 15 to 26. d. The ischemic phase occurs from the end of the secretory phase to the onset of menstruation, approximately days 27 to 28.

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

12. A clinic nurse explains to the pregnant woman that the amount of amniotic fluid present at 24 week s' gestation is approximately:

a. 500 mL b. 750 mL c. 800 mL d. 1000 mL

ANS: c

Amniotic fluid first appears at about 3 week s. There are approximately 30 mL of amniotic fluid present at 10 week s' gestation, and this amount increases to approximately 800 mL at 24 week s' gestation. After that time, the total fluid volume remains fairly stable until it begins to decrease slightly as the pregnancy reaches term.

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

13. Information provided by the nurse that addresses the function of the amniotic fluid is that the amniotic fluid helps the fetus to maintain a normal body temperature and also:

a. Facilitates asymmetrical growth of the fetal limbs b. Cushions the fetus from mechanical injury c. Promotes development of muscle tone d. Promotes adherence of fetal lung tissue

ANS: b

Feedback a. Amniotic fluid allows for symmetrical fetal growth. b. Amniotic fluid cushions the fetus from mechanical injury. c. Amniotic fluid does not promote muscle tone. d. Amniotic fluid prevents adherence of the amnion to the fetus.

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

14. During preconception counseling, the clinic nurse explains that the time period when the fetus is most vulnerable to the effects of teratogens occurs from:

- a. 2 to 8 week s b. 4 to 12 week s c. 5 to 10 week s d. 6 to 15 week s

ANS: a

The period of organogenesis lasts from approximately the second until the eighth week of gestation during which time the embryo undergoes rapid growth and differentiation. During organogenesis, the embryo is extremely vulnerable to teratogens such as medications, alcohol, tobacco, caffeine, illegal drugs, radiation, heavy metals, and maternal (TORCH) infections. Structural fetal defects are most likely to occur during this period because exposure to teratogens either before or during a critical period of development of an organ can cause a malformation.

KEY: Integrated Process: Teaching and Learning | Cognitive Level: Knowledge | Content Area: Maternity | Client Need: Physiological Integrity | Difficulty Level: Easy

15. A major fetal development characteristic at 16 week s' gestation is:

- a. The average fetal weight is 450 gram s b. Lanugo covers entire body c. Brown fat begins to develop d. Teeth begin to form

ANS: d

Feedback a. The average fetal weight at 16 week s is 200 gram s. b. Lanugo is present on the head. c. Brown fat begins to develop at 20 week s. d. This is the correct answer.

KEY: Integrated Process: Teaching and Learning | Cognitive Level: Knowledge | Content Area: Maternity | Client Need: Physiological Integrity | Difficulty Level: Moderate

16. Karen, a 26-year-old woman, has come for preconception counseling and ask s about caring for her cat as she has heard that she –should not touch the cat during pregnancy. ||