

**OB QUIZ #1 CHAPTERS 1-5****Multiple Choice**

Identify the choice that best completes the statement or answers the question.

- \_\_\_\_\_ 1. A new father has just been told that his infant has trisomy 18. Which identifying physical feature is unique to an infant with this genetic disorder?
- Oblique palpebral fissures and Cri du chat syndrome
  - Rocker-bottom feet and clenched hands with overlapping fingers
  - Epicanthal folds and a simian crease
  - Microcephaly and capillary hemangiomas
- \_\_\_\_\_ 2. Which questionnaire would be best for the nurse to use when screening an adolescent client for an eating disorder?
- Four Cs
  - Dual-energy x-ray absorptiometry (DEXA) scan
  - Dietary Guidelines for Americans
  - SCOFF screening tool
- \_\_\_\_\_ 3. To provide culturally competent care to an Asian-American family, which question should the nurse include during the assessment interview?
- “Do you want some milk to drink?”
  - “Do you want music playing while you are in labor?”
  - “Do you have a name selected for the baby?”
  - “Do you prefer hot or cold beverages?”
- \_\_\_\_\_ 4. Which key point is important for the nurse to understand regarding the perinatal continuum of care?
- Begins with prenatal care and continues until the newborn is 24 weeks old
  - Begins with conception and ends with the birth
  - Begins with family planning and continues until the infant is 1 year old
  - Refers to home care only
- \_\_\_\_\_ 5. Which statement regarding human trafficking is *correct*?
- Human trafficking is a multibillion-dollar business that primarily exists in the United States.
  - Vast majority of the victims are young boys and girls.
  - Human trafficking primarily refers to commercial sex work.
  - Victims often experience the Stockholm syndrome.
- \_\_\_\_\_ 6. A 32-year-old woman is pregnant for the third time. One child was born with cystic fibrosis, and the other child is healthy. The client and her husband wonder what chance this child has of having cystic fibrosis. This type of testing is most commonly known as what?
- Occurrence risk
  - Predisposition testing
  - Predictive testing
  - Recurrence risk

- \_\_\_\_\_ 7. In evaluating the level of a pregnant woman's risk of having a low-birth-weight (LBW) infant, which factor is the most important for the nurse to consider?
- African-American race
  - Cigarette smoking
  - Poor nutritional status
  - Limited maternal education
- \_\_\_\_\_ 8. A couple has been counseled for genetic anomalies. They ask you, "What is karyotyping?" Which description is most accurate?
- "Karyotyping will provide information about the gender of the baby and the number and structure of the chromosomes."
  - "Karyotyping will reveal if the baby's lungs are mature."
  - "Karyotyping will detect any physical deformities the baby has."
  - "Karyotyping will reveal if the baby will develop normally."
- \_\_\_\_\_ 9. Which statement regarding genetic health care is most important to the nurse practicing in this specialty?
- Taking genetic histories is the province of large universities and medical centers.
  - Genetic disorders equally affect people of all socioeconomic backgrounds, races, and ethnic groups.
  - Genetic health care is more concerned with populations than individuals.
  - Providing emotional support to the family during counseling is the most important of all nursing functions.
- \_\_\_\_\_ 10. To ensure client safety, the practicing nurse must have knowledge of The Joint Commission's current "Do Not Use" list of abbreviations. Which term is acceptable for use regarding medication administration?
- Lack of a leading zero
  - q.o.d. or Q.O.D.
  - International Unit
  - $\text{MSO}_4$  or  $\text{MgSO}_4$
- \_\_\_\_\_ 11. Which hormone is responsible for the maturation of mammary gland tissue?
- Progesterone
  - Testosterone
  - Prolactin
  - Estrogen
- \_\_\_\_\_ 12. Which resource best describes a health care service representing the tertiary level of prevention?
- Stress management seminars
  - Childbirth education classes for single parents
  - Premenstrual syndrome (PMS) support group
  - BSE pamphlet and teaching

- \_\_\_\_\_ 13. Documentation of abuse can be useful to women later in court, should they elect to press charges. It is of key importance for the nurse to document accurately at the time that the client is seen. Which entry into the medical record would be the least helpful to the court?
- Clear and legible written documentation
  - Summary of information (e.g., "The client is a battered woman.")
  - Photographs of injuries
  - Accurate description of the client's demeanor
- \_\_\_\_\_ 14. When attempting to communicate with a client who speaks a different language, which action is the most appropriate?
- Provide as much privacy as possible.
  - Promptly and positively respond to project authority.
  - Never use a family member as an interpreter.
  - Talk to the interpreter to avoid confusing the client.
- \_\_\_\_\_ 15. Which statement regarding chromosomal abnormalities is most accurate?
- Unbalanced translocation results in a mild abnormality that the child will outgrow.
  - Abnormalities of number are the leading cause of pregnancy loss.
  - Chromosomal abnormalities occur in approximately 10% of newborns.
  - Down syndrome is a result of an abnormal chromosomal structure.
- \_\_\_\_\_ 16. What information should the nurse be aware of regarding telephonic nursing care such as *warm lines*?
- Were set up to take complaints concerning health maintenance organizations (HMOs)
  - Were developed as a reaction to impersonal telephonic nursing care
  - Are the second option when 9-1-1 hotlines are busy
  - Refer to community service telephone lines designed to provide new parents with encouragement and basic information
- \_\_\_\_\_ 17. Which statement is most accurate regarding the reporting of IPV in the United States?
- Caucasian women report less IPV than do non-Caucasians.
  - African-American women are less likely to report IPV than Caucasian women.
  - Native-American women report IPV at a rate similar to other groups.
  - Asian women report more IPV than do other minority groups.
- \_\_\_\_\_ 18. During a prenatal intake interview, the nurse is in the process of obtaining an initial assessment of a 21-year-old Hispanic client with limited English proficiency. Which action is the most important for the nurse to perform?
- Speak quickly and efficiently to expedite the visit.
  - Provide the client with handouts.
  - Use maternity jargon to enable the client to become familiar with these terms.
  - Assess whether the client understands the discussion.

- \_\_\_\_\_ 19. Which statement by the client indicates that she understands BSE?
- “I will examine only the outer upper area of the breast.”
  - “I will examine both breasts in two different positions.”
  - “I will use the palm of the hand to perform the examination.”
  - “I will examine my breasts 1 week after my menstrual period starts.”
- \_\_\_\_\_ 20. While obtaining a detailed history from a woman who has recently immigrated from Somalia, the nurse realizes that the client has undergone female genital mutilation. What is the nurse’s most appropriate response in this situation?
- “The extent of your circumcision will affect the potential for complications.”
  - “This is a very abnormal practice and rarely seen in the United States.”
  - “We will be able to restore fully your circumcision after delivery.”
  - “Are you aware of who performed this mutilation so that it can be reported to the authorities?”
- \_\_\_\_\_ 21. A client’s household consists of her husband, his mother, and another child. To which family configuration does this client belong?
- Single-parent family
  - Multigenerational family
  - Nuclear family
  - Married-blended family
- \_\_\_\_\_ 22. A 62-year-old woman has not been to the clinic for an annual examination for 5 years. The recent death of her husband reminded her that she should come for a visit. Her family physician has retired, and she is going to see the women’s health nurse practitioner for her visit. What should the nurse do to facilitate a positive health care experience for this client?
- Carefully listen, and allow extra time for this woman’s health history interview.
  - Encourage the woman to talk about the death of her husband and her fears about her own death.
  - Remind the woman that she is long overdue for her examination and that she should come in annually.
  - Reassure the woman that a nurse practitioner is just as good as her old physician.
- \_\_\_\_\_ 23. A nurse is assessing the knowledge of new parents of a child born with Klinefelter syndrome. Which statement accurately describes this genetic disorder?
- It affects only female children.
  - Klinefelter syndrome is a sex chromosome abnormality.
  - The disorder is expressed as trisomy XYY.
  - The child with this disorder will grow to be infertile.

- \_\_\_\_\_ 24. Women with severe and persistent mental illness are likely to be more vulnerable to being involved in controlling and/or violent relationships; however, many women develop mental health problems as a result of long-term abuse. Which condition is unlikely to be a psychologic consequence of continued abuse?
- Bipolar disorder
  - Eating disorders
  - Substance abuse
  - Posttraumatic stress disorder (PTSD)
- \_\_\_\_\_ 25. A married couple lives in a single-family house with their newborn son and the husband's daughter from a previous marriage. Based on this information, what family form best describes this family?
- Married-blended family
  - Nuclear family
  - Extended family
  - Same-sex family
- \_\_\_\_\_ 26. In 1979, Lenore Walker pioneered the cause of women as victims of violence when she published her book *The Battered Woman*. While Walker conducted her research, she found a similar pattern of abuse among many of the women. This concept is now referred to as the "cycle of violence." Which phase does not belong in this three-cycle pattern of violence?
- Acute battering incident
  - Tension-building state
  - Frustration, followed by violence
  - Kindness and contrite, loving behavior
- \_\_\_\_\_ 27. In the 1970s, the rape-trauma syndrome (RTS) was identified as a cluster of symptoms and related behaviors observed in the weeks and months after an episode of rape. Researchers identified three phases related to this condition. Which phase is not displayed in a client with RTS?
- Acute Phase: Disorganization
  - Shock/Disbelief: Disorientation Phase
  - Outward Adjustment Phase
  - Long-Term Process: Reorganization Phase
- \_\_\_\_\_ 28. As part of their participation in the gynecologic portion of the physical examination, which approach should the nurse take?
- Take a firm approach that encourages the client to facilitate the examination by following the physician's instructions exactly.
  - Explain the procedure as it unfolds, and continue to question the client to get information in a timely manner.
  - Take the opportunity to explain that the trendy vulvar self-examination is only for women at risk for developing cancer.
  - Help the woman relax through the proper placement of her hands and proper breathing during the examination.

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- \_\_\_\_\_ 29. The nurse guides a woman to the examination room and asks her to remove her clothes and put on an examination gown with the front open. The woman replies, "I have special undergarments that I do not remove for religious reasons." Which is the most appropriate response from the nurse?
- "I have no idea how we can accommodate your beliefs."
  - "You can't have an examination without removing all your clothes."
  - "I'll ask the physician to modify the examination."
  - "Tell me about your undergarments. I'll explain the examination procedure, and then we can discuss how you can comfortably have your examination."
- \_\_\_\_\_ 30. Nurses who elect to practice in the field of obstetrics must have a basic working knowledge of genetics. What is the correct term used to describe an individual's genetic makeup?
- Genotype
  - Karyotype
  - Chromotype
  - Phenotype