

OB TEST #1 CHAPTERS 6-10**Multiple Choice**

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

- _____ 1. A couple comes in for an infertility workup, having attempted to achieve pregnancy for 2 years. The woman, 37 years of age, has always had irregular menstrual cycles but is otherwise healthy. The man has fathered two children from a previous marriage and had a vasectomy reversal 2 years ago. The man has had two normal semen analyses, but the sperm seem to be clumped together. What additional testing is needed?
- FSH level
 - Antisperm antibodies
 - Examination for testicular infection
 - Testicular biopsy
- _____ 2. Which contraceptive method *best* protects against STIs and the HIV?
- Periodic abstinence
 - Same protection with all methods
 - Barrier methods
 - Hormonal methods
- _____ 3. Which statement concerning cyclic perimenstrual pain and discomfort (CPPD) is *accurate*?
- Premenstrual dysphoric disorder (PMDD) is a milder form of PMS and more common in young women.
 - PMS is a complex, poorly understood condition that may include any of a hundred symptoms.
 - The causes of PMS have been well established.
 - Secondary dysmenorrhea is more intense and more medically significant than primary dysmenorrhea.
- _____ 4. The nurse should understand the process by which the HIV infection occurs. Once the virus has entered the body, what is the time frame for seroconversion to HIV positivity?
- 6 months
 - 2 to 4 weeks
 - 6 to 10 days
 - 6 to 12 weeks
- _____ 5. A woman is 16 weeks pregnant and has elected to terminate her pregnancy. Which is the *most* common technique used for the termination of a pregnancy in the second trimester?
- Dilation and evacuation (D&E)
 - Vacuum aspiration
 - Prostaglandin administration
 - Methotrexate administration

- _____ 6. A woman has a breast mass that is not well delineated and is nonpalpable, immobile, and nontender. Which condition is this client experiencing?
- Fibroadenoma
 - Intraductal papilloma
 - Mammary duct ectasia
 - Lipoma
- _____ 7. A couple arrives for their first appointment at an infertility center. Which of the following is a noninvasive test performed during the initial diagnostic phase of testing?
- Laparoscopy
 - Endometrial biopsy
 - Hysterosalpingogram
 - Sperm analysis
- _____ 8. Significant advances have been made with most reproductive technologies. Which improvement has resulted in increased success related to preimplantation genetic diagnosis?
- Embryos are transferred at the cleavage stage.
 - Embryos are transferred at the blastocyst stage.
 - Two cells are removed from each embryo.
 - More than two embryos can be transferred at a time.
- _____ 9. Which term best describes the conscious decision concerning when to conceive or avoid pregnancy as opposed to the intentional prevention of pregnancy during intercourse?
- Birth control
 - Family planning
 - Assisted reproductive therapy
 - Contraception
- _____ 10. Macromastia, or breast hyperplasia, is a condition in which women have very large and pendulous breasts. Breast hyperplasia can be corrected with a reduction mammoplasty. Which statement regarding this procedure is the *most* accurate?
- No sequelae after the procedure is known.
 - Breastfeeding might be difficult.
 - Pain in the back and shoulders may not be relieved.
 - Breast reduction surgery is covered by insurance.
- _____ 11. An infertile woman is about to begin pharmacologic treatment. As part of the regimen, she will take purified FSH (Metrodin). The nurse instructs her that this medication is administered in the form of what?
- Tablet
 - Vaginal suppository
 - Intramuscular (IM) injection
 - Intranasal spray

- _____ 12. The nurse is having her first meeting with a couple experiencing infertility. The nurse has formulated the nursing diagnosis, "Deficient knowledge, related to lack of understanding of the reproductive process with regard to conception." Which nursing intervention does *not* apply to this diagnosis?
- Provide information regarding conception in a supportive manner.
 - Identify and describe the basic infertility tests.
 - Evaluate the couple's support system.
 - Assess the current level of factors promoting conception.
- _____ 13. A man smokes two packs of cigarettes a day. He wants to know if smoking is contributing to the difficulty he and his wife are having getting pregnant. Which guidance should the nurse provide?
- "Only marijuana cigarettes affect sperm count."
 - "Smoking can reduce the quality of your sperm."
 - "Your sperm count seems to be okay in the first semen analysis."
 - "Although smoking has no effect on sperm count, it can give you lung cancer."
- _____ 14. While interviewing a 31-year-old woman before her routine gynecologic examination, the nurse collects data about the client's recent menstrual cycles. Which statement by the client should prompt the nurse to collect further information?
- "I have had a small amount of spotting midway between my periods for the past 2 months."
 - "My flow is very heavy."
 - "The length of my menstrual cycles varies from 26 to 29 days."
 - "My menstrual flow lasts 5 to 6 days."
- _____ 15. Which risk factor would the nurse recognize as being frequently associated with osteoporosis?
- Low-protein intake
 - African-American race
 - Obesity
 - Cigarette smoking
- _____ 16. Which client is most at risk for fibroadenoma of the breast?
- 38-year-old woman
 - 27-year-old woman
 - 16-year-old girl
 - 50-year-old woman
- _____ 17. In vitro fertilization–embryo transfer (IVF-ET) is a common approach for women with blocked fallopian tubes or with unexplained infertility and for men with very low sperm counts. A husband and wife have arrived for their preprocedural interview. Which explanation regarding the procedure is *most* accurate?
- "Donor sperm will be used to inseminate your wife."
 - "The procedure begins with collecting eggs from your wife's ovaries."
 - "A donor embryo will be transferred into your wife's uterus."
 - "Don't worry about the technical stuff, that's what we are here for."

- _____ 18. A 21-year-old client complains of severe pain immediately after the commencement of her menses. Which gynecologic condition is the most likely cause of this client's presenting complaint?
- Secondary dysmenorrhea
 - Dyspareunia
 - Endometriosis
 - Primary dysmenorrhea
- _____ 19. Syphilis is a complex disease that can lead to serious systemic illness and even death if left untreated. Which manifestation differentiates primary syphilis from secondary syphilis?
- Widespread rash
 - Fever, headache, and malaise
 - Appearance of a chancre 2 months after infection
 - Identified by serologic testing
- _____ 20. Which statement is the *most* complete and accurate description of medical abortions?
- Medical abortions are performed only for maternal health.
 - They can be either elective or therapeutic.
 - They can be achieved through surgical procedures or with drugs.
 - Medical abortions are mostly performed in the second trimester.
- _____ 21. With regard to the assessment of female, male, or couple infertility, the nurse should be aware of which important information?
- The woman is assessed first; if she is not the problem, then the male partner is analyzed.
 - The investigation will take several months and can be very costly.
 - Semen analysis is for men; the postcoital test is for women.
 - The couple's religious, cultural, and ethnic backgrounds provide emotional clutter that does not affect the clinical scientific diagnosis.
- _____ 22. On vaginal examination of a 30-year-old woman, the nurse documents the following findings: profuse, thin, grayish-white vaginal discharge with a "fishy" odor and complaints of pruritus. Based upon these findings, which condition would the nurse suspect?
- Gonorrhea
 - Candidiasis
 - Trichomoniasis
 - Bacterial vaginosis
- _____ 23. To provide adequate care, the nurse should be cognitive of which important information regarding infertility?
- Is the same thing as sterility.
 - Is perceived differently by women and men.
 - Has a relatively stable prevalence among the overall population and throughout a woman's potential reproductive years.
 - Is more likely the result of a physical flaw in the woman than in her male partner.

- _____ 24. Which nonpharmacologic contraceptive method has a failure rate of less than 25%?
- Postovulation
 - Periodic abstinence
 - Standard days' variation
 - Coitus interruptus
- _____ 25. Which sexually transmitted infection (STI) is the most commonly reported in American women?
- Syphilis
 - Gonorrhea
 - Chlamydia*
 - Candidiasis
- _____ 26. Which viral sexually transmitted infection is characterized by a primary infection followed by recurrent episodes?
- HPV
 - CMV
 - Herpes simplex virus 2 (HSV-2)
 - HIV
- _____ 27. After a mastectomy, which activity should the client be instructed to avoid?
- Immediately reporting inflammation that develops at the incision site or in the affected arm
 - Wearing clothing with snug sleeves to support the tissue of the arm on the operative side
 - Emptying surgical drains twice a day and as needed
 - Lifting more than 4.5 kg (10 lb) or reaching above her head until given permission by her surgeon
- _____ 28. Which condition is the least likely cause of amenorrhea in a 17-year-old client?
- Type 1 diabetes mellitus
 - Pregnancy
 - Anatomic abnormalities
 - Obesity
- _____ 29. A 21-year-old client exhibits a greenish, copious, and malodorous discharge with vulvar irritation. A speculum examination and wet smear are performed. Which condition is this client most likely experiencing?
- Trichomoniasis
 - Bacterial vaginosis
 - Yeast infection
 - Candidiasis

- _____ 30. A nurse is providing education to a support group of women newly diagnosed with breast cancer. It is important for the nurse to discuss which factor related to breast cancer with the group?
- Genetic mutations account for 50% of women who will develop breast cancer.
 - In the United States, 1 in 10 women will develop breast cancer in her lifetime.
 - The exact cause of breast cancer remains unknown.
 - Breast cancer is the leading cause of cancer death in women.
- _____ 31. The nurse providing care in a women's health care setting must be knowledgeable about STIs. Which STIs can be successfully treated?
- HSV
 - Chlamydia*
 - Venereal warts
 - AIDS
- _____ 32. Which STI does *not* respond well to antibiotic therapy?
- Syphilis
 - Genital herpes
 - Chlamydia*
 - Gonorrhea
- _____ 33. Which symptom described by a client is characteristic of premenstrual syndrome (PMS)?
- "I feel irritable and moody a week before my period is supposed to start."
 - "I have lower abdominal pain beginning on the third day of my menstrual period."
 - "I have nausea and headaches after my period starts, and they last 2 to 3 days."
 - "I have abdominal bloating and breast pain after a couple days of my period."
- _____ 34. When a nurse is counseling a woman for primary dysmenorrhea, which nonpharmacologic intervention might be recommended?
- Increasing the intake of red meat to replace blood loss
 - Using a heating pad on the abdomen to relieve cramping
 - Reducing the intake of diuretic foods, such as peaches and asparagus
 - Temporarily substituting physical activity for a sedentary lifestyle
- _____ 35. A male client asks the nurse why it is better to purchase condoms that are not lubricated with nonoxynol-9 (a common spermicide). Which response by the nurse is the *most* accurate?
- "Nonoxynol-9 does not provide protection against STIs as originally thought; it has also been linked to an increase in the transmission of the HIV and can cause genital lesions."
 - "The lubricant prevents vaginal irritation."
 - "The additional lubrication improves sex."
 - "Nonoxynol-9 improves penile sensitivity."

- _____ 36. What is the drug of choice for the treatment of gonorrhea?
- Tetracycline
 - Ceftriaxone
 - Acyclovir
 - Penicillin G
- _____ 37. Having a genetic mutation may create an 85% chance of developing breast cancer in a woman's lifetime. Which condition does not increase a client's risk for breast cancer?
- Paget disease
 - Li-Fraumeni syndrome
 - BRCA1 or BRCA2 gene mutation
 - Cowden syndrome
- _____ 38. A health care provider performs a clinical breast examination on a woman diagnosed with fibroadenoma. How would the nurse explain the defining characteristics of a fibroadenoma?
- Single lump in one breast that can be expected to shrink as the woman ages
 - Lumpiness in both breasts that develops 1 week before menstruation
 - Thick, sticky discharge from the nipple of the affected breast
 - Inflammation of the milk ducts and glands behind the nipples
- _____ 39. To assist a client in managing the symptoms of PMS, what should the nurse recommend based on current evidence?
- Herbal therapies, yoga, and massage
 - Discouraging the use of diuretics
 - Antidepressants for symptom control
 - Diet with more body-building and energy foods, such as carbohydrates
- _____ 40. Which diagnostic test is used to confirm a suspected diagnosis of breast cancer?
- Mammogram
 - Ultrasound
 - Magnetic resonance imaging (MRI)
 - Needle-localization biopsy
- _____ 41. What is the correct name describing a benign breast condition that includes dilation and inflammation of the collecting ducts?
- Chronic cystic disease
 - Intraductal papilloma
 - Mammary duct ectasia
 - Fibroadenoma
- _____ 42. The Centers for Disease Control and Prevention (CDC) recommends which therapy for the treatment of the HPV?
- Miconazole ointment
 - Topical podofilox 0.5% solution or gel
 - Metronidazole by mouth
 - Two doses of penicillin administered intramuscularly (IM)

- _____ 43. Nafarelin (Synarel) is used to treat mild-to-severe endometriosis. What instruction or information should the nurse provide to a client regarding nafarelin administration?
- Nafarelin stimulates the secretion of gonadotropin-releasing hormone (GnRH), thereby stimulating ovarian activity.
 - It should be administered by intramuscular (IM) injection.
 - It can cause the client to experience some hot flashes and vaginal dryness.
 - Nafarelin should be administered by a subcutaneous implant.
- _____ 44. An infertility specialist prescribes clomiphene citrate (Clomid, Serophene) for a woman experiencing infertility. She is very concerned about the risk of multiple pregnancies. What is the nurse's most appropriate response?
- "Ovulation will be monitored with ultrasound to ensure that multiple pregnancies will not happen."
 - "Ten percent is a very low risk, so you don't need to worry too much."
 - "No one has ever had more than triplets with Clomid."
 - "This is a legitimate concern. Would you like to discuss further the chances of multiple pregnancies before your treatment begins?"
- _____ 45. A healthy 60-year-old African-American woman regularly receives health care at her neighborhood clinic. She is due for a mammogram. At her first visit, her health care provider is concerned about the 3-week wait at the neighborhood clinic and made an appointment for her to have a mammogram at a teaching hospital across town. She did not keep her appointment and returned to the clinic today to have the nurse check her blood pressure. What is the *most* appropriate statement for the nurse to make to this client?
- "Do you have transportation to the teaching hospital so that you can get your mammogram?"
 - "I'm concerned that you missed your appointment; let me make another one for you."
 - "It's very dangerous to skip your mammograms; your breasts need to be checked."
 - "Would you like me to make an appointment for you to have your mammogram here?"
- _____ 46. The most conservative approach for early breast cancer treatment involves lumpectomy followed by which procedure?
- Radiation
 - Adjuvant systemic therapy
 - Hormonal therapy
 - Chemotherapy

- _____ 47. A woman inquires about herbal alternative methods for improving fertility. Which statement by the nurse is *most* appropriate when informing the client on which herbal preparations may improve ovulation induction therapy?
- “You may want to try black cohosh or phytoestrogens.”
 - “You should avoid nettle leaf, dong quai, and vitamin E while you are trying to get pregnant.”
 - “You should take vitamins E and C, selenium, and zinc.”
 - “Herbs have no bearing on fertility.”
- _____ 48. Which laboratory testing is used to detect the human immunodeficiency virus (HIV)?
- Cluster of differentiation 4 (CD4) counts
 - HIV screening
 - Cluster of differentiation 8 (CD8) counts
 - HIV antibody testing
- _____ 49. Which statement related to the condition of endometriosis is *most accurate*?
- It is found more often in African-American women than in Caucasian or Asian women.
 - Endometriosis may worsen with repeated cycles or remain asymptomatic and disappear after menopause.
 - Endometriosis is characterized by the presence and growth of endometrial tissue inside the uterus.
 - It is unlikely to affect sexual intercourse or fertility.
- _____ 50. A client’s oncologist has just finished explaining the diagnostic workup results to her, and she still has questions. The woman states, “The physician says I have a slow-growing cancer. Very few cells are dividing. How does she know this?” What is the name of the test that gave the health care provider this information?
- Nuclear grade
 - S-phase index
 - Estrogen-receptor assay
 - Tumor ploidy