

- 1. Shortly after birth, a patient has moderate lochia rubra with a few small clots and the fundus is midline and firm.**
  - a. Notify the provider
  - b. Perform fundal massage frequently
  - c. This is normal. Chart the findings and continue to assess
  - d. Assist the client up to urinate
  
- 2. Rhogam prevents the formation of Rh antibodies in Rh negative moms.**
  - a. True
  - b. False
  
- 3. You assess a patient and she has chills and a slight fever. All findings are normal except a reddened area on the breast**
  - a. Give her Tylenol and see how it goes
  - b. This is consistent with mastitis
  - c. This is a normal finding
  - d. Apply a hot compress
  
- 4. You assess a patient and find her fundus higher than expected and off to the side**
  - a. Immediately perform fundal massage
  - b. Encourage the client to urinate
  - c. Call the provider
  - d. Check her blood pressure
  
- 5. You take over for a patient who delivered 12 hours ago. What do you expect to find?**
  - a. A firm fundus 3 cm above the umbilicus
  - b. A soft fundus that is 1 cm above the umbilicus
  - c. A firm fundus to the left of the umbilicus
  - d. a firm fundus at the level of the umbilicus
  
- 6. Large babies put mom at risk for:**
  - a. Blood clots
  - b. Uterine atony
  - c. Retained placenta
  - d. Infection
  
- 7. A few hours after birth, the patient quickly saturates her pad. What should you do first?**
  - a. Perform bladder scan
  - b. Prepare to administer methergine as prescribed

- c. Massage the fundus
- d. Check vitals

**8. You are caring for a patient who saturates a couple pads within half an hour. What is most important right now?**

- a. Help the patient up to the commode
- b. Increase fluids
- c. Prepare to administer cytotec
- d. Palpate and massage the fundus

**9. Which is an expected finding in the "taking in" phase of postpartum adjustment?**

- a. Eagerness to learn to care for baby
- b. No desire to eat anything
- c. Excitedly sharing the birth experience with others
- d. Focusing on the family members

**10. What intervention should we implement for post c-section patients to prevent blood clots?**

- a. Assist to walk as soon as possible
- b. Apply warm moist compresses to the legs
- c. Encourage the patient to rest in bed
- d. Elevate the knees while the patient is in bed

**11. You take a call from a patient 5 days after discharge complaining of redness and pain in her calf. What should you do?**

- e. Instruct her to apply cold packs to the leg
- f. Instruct her to elevate the leg and that you will notify the provider
- g. Instruct her to massage the area
- h. Keep her knees flexed while resting

**12. What is one finding that alerts you to a potential postpartum complication?**

- a. orthostatic hypotension
- b. tachycardia
- c. fundus midline and firm
- d. increased urinary output

**13. Which of the following instructions should you provide to patients post cesarean section?**

- a. Call your provider if you experience fever or drainage from the incision
- b. Do not lift anything greater than 10 pounds
- c. Call your doctor if your pain is worsening and medication is not helping.

d. Relax and lay around until your incision has healed

**14. Which of the following findings would be priority 4 hours following delivery?**

- a. DTRs 1+
- b. Repaired laceration well-approximated
- c. A firm fundus at the umbilicus
- d. Saturated pad in 10 minutes

**15. Which of the following can help prevent perineal infection after delivery?**

- a. Pat the vagina dry from front to back
- b. Wash hands before and after voiding
- c. Apply an anesthetic spray multiple times daily
- d. Use the provided squeeze bottle after voiding each time

**16. After giving prescribed ibuprofen, what else can be done to relieve perineal pain after delivery?**

- a. Apply an ice pack
- b. Spray antiseptic solution
- c. Use sitz bath to clean with warm water
- d. Apply a warm compress

**17. A breastfeeding patient shows you an area on her breast that she is concerned with. Which finding indicates mastitis?**

- a. Nipples painful and raw
- b. A red painful area
- c. Bilateral breast swelling
- d. A white area on the nipple

**18. Which finding would require immediate evaluation?**

- a. fundus at u/1
- b. Polyuria
- c. Decreased urinary urge
- d. Fundus at 1/u and displaced to the side

**19. When should you perform fundal massage?**

- a. When the uterus is firm
- b. Every time you do your assessment
- c. When the uterus is boggy

**20. If a client has a negative titer, what does this mean?**

- a. The client is immune from vaccination
- b. The client is not immune and will need vaccination
- c. The client is immune from having the disease

**21. Which statement indicates inhibition of parental attachment?**

- a. "My baby looks just like me"
- b. "Can you keep him for a while so I can rest?"
- c. "My baby is not near as cute as I expected"
- d. "Can you help me dress my baby?"

**22. You see a 2cm lochia rubra stain on the perineal pad of a patient after delivery. How do you respond?**

- a. Perform fundal massage
- b. Perform more frequent assessment
- c. Find the provider immediately
- d. Document this as scant lochia rubra

**23. You provide teaching on mastitis prevention. Which statements warrant further teaching?**

- a. "I will change my breast pads once daily"
- b. "I will ensure I have proper infant position and latch for each feeding"
- c. "I will wash my hands before feeding and allow my nipples to air dry after"
- d. "I will not take any medications until the mastitis is gone."

**24. A few days after delivery, the client is tearful and not sleeping or eating well. What does this indicate?**

- a. She is in the "letting go" phase
- b. She is suffering from postpartum blues
- c. She is in postpartum psychosis
- d. She is experiencing extreme fatigue

**25. Persistent sadness, intense mood swings, and flat affect are signs of:**

- a. She is in the "letting go" phase
- b. She is suffering from postpartum blues
- c. She is in postpartum psychosis
- d. She is experiencing extreme fatigue

**26. Tachycardia is an early indicator of hemorrhage:**

- a. True
- b. False

**27. Fever, return of lochia rubra, foul odor, and moderate sized clots can indicate:**

- a. postpartum hemorrhage
- b. boggy uterus
- c. mastitis or clogged duct

d. retained placenta

**28. A patient placed on home heparin should report:**

- a. bleeding from the gums or increased vaginal bleeding
- b. Easy or frequent bruising
- c. Lack of bowel movement in 2-3 days
- d. Severe headaches

**29. 3 days post-vaginal delivery, which of the following can indicate complication?**

- a. Fever or increase in lochia rubra
- b. Brownish or pink vaginal discharge
- c. Colostrum transitioning to mature breast milk
- d. Unilateral lower extremity edema, warmth, and erythema

**30. In the delivery room, to promote maternal-infant bonding, the nurse should:**

- a. Assist with breastfeeding
- b. Place the neonate skin-to-skin
- c. Limit visitors and noise
- d. Encourage parents to feel and explore the baby's features

**31. Which of the following is beneficial for patients experiencing stress incontinence?**

- a. Kegel exercises
- b. Strengthening the abdominal muscles
- c. Pelvic tilts

**32. Which of the following is NOT a risk factor for UTI?**

- a. Epidural and urinary catheter
- b. History of UTIs
- c. Frequent cervical checks
- d. Vaginal delivery

**33. Which finding in the history would prompt the nurse to be watching more closely for signs of infection?**

- a. Multiparity
- b. History of 11 hour labor
- c. Abnormal hemoglobin
- d. History of manually extracted placenta

**34. How should you promote paternal-infant bonding?**

- a. Encourage questions from the father
- b. Encourage dad to have skin-to-skin contact

- c. Keep the infant in the nursery and provide all care so parents can nap
- d. Provide education in dad's presence

**35. Which of the following is not a part of the focused postpartum assessment?**

- a. Episiotomy/laceration and lochia
- b. Ability to pay for services
- c. Breasts
- d. Bladder

**36. A client who gave birth in the last couple hours is experiencing hypotension. What are your priorities?**

- a. Respirations and heart rate
- b. Fundus and lochia
- c. Recheck blood pressure soon
- d. Give terbutaline

**37. When providing education about breastfeeding, which of the following should you NOT include?**

- a. I will feed every 5 hours and apply ice packs after feeding.
- b. Breastfeed every 2-3 hours.
- c. I will apply ice to my breasts after feeding.
- d. Take a warm shower prior to feeding to help the letdown reflex

**38. Which instructions should you give a bottle-feeding mom to prevent engorgement?**

- a. Decrease your fluid intake and take a diuretic
- b. Manually express the milk
- c. Wear a tight-fitting bra around the clock
- d. Use ice packs or cold compresses inside the bra

**39. Which finding do you NOT need to report to the provider for a mom that is 2 days post cesarean section?**

- a. Calf tenderness to palpation or on ambulation
- b. Small amount of abdominal pain with activity.
- c. Seropurulent drainage and increasing tenderness
- d. Flu-like clinical findings

**40. Which of the following are risk factors for uterine atony and postpartum hemorrhage?**

- a. Precipitous delivery and prolonged labor
- b. Oligohydramnios
- c. Obesity
- d. Retained placental fragments

**41. Which measures can be used to reduce nipple soreness and discomfort during breastfeeding?**

- a. Apply breast milk directly to the nipples before feedings
- b. Change the baby's position on the nipples
- c. Start feeding on the side that is less sore
- d. Use breast pads and massage the breasts before feeding

**42. How much of the nipple should be put in the newborn's mouth?**

- a. The nipple and areola
- b. The nipple and some of the areola
- c. However much the baby thinks they need
- d. Only part of the nipple

**43. A client had a baby 3 weeks ago and is now reporting feeling depressed. Which is priority?**

- a. Identify positive coping skills
- b. Assess if she has considered harming her baby
- c. Anticipate a depression
- d. Reinforce discharge teaching

**44. Before administering methylergonovine, what instruction should you provide prior?**

- a. "I will need to check your blood pressure"
- b. "You are bleeding more than normal and this will prevent hemorrhage"
- c. "This will help you from developing a blood clot or an infection"
- d. "You will experience some cramping after this medication"

**45. What should you include in your nutritional teaching for a breastfeeding mom?**

- a. Consume 2-3 L fluid per day
- b. Eat a diet high in protein and include foods from all food groups
- c. Reduce iron intake
- d. Increase caloric intake by 330cal/day for 6 mos

**46. Which alerts you to postpartum hemorrhage for a post c-section patient?**

- a. Continuous bright red bleeding after fundal massage and pitocin
- b. Saturation of pad in a couple hours
- c. firm uterus at the umbilicus
- d. Quantitative blood loss more than 1000ml

**47. Which assessments should you complete after birth?**

- a. Assess vitals every hour for the first shift
- b. Assess blood sugar every hour
- c. Assess fundus and lochia color and amount Q 15 minutes for the first hour
- d. Assess DTRs every 15 minutes for first 2 hours