Chapter 22
Care During Pregnancy and Childbirth

1. What is the cutoff weight for a baby to be considered premature?
p. 500

A.) 6.5 pounds (2.9 kg)
B.) 6.0 pounds (2.7 kg)
*C.) 5.5 pounds (2.5 kg)
D.) 5.0 pounds (2.2 kg)

2. What shape should you make with your fingers when creating an airway for the breech baby when all but his head has delivered?
p. 498

*A.) V
B.) O
C.) L
D.) C

3. What has expanded when the mother may notice a blood show?
p. 481

A.) Uterus
B.) Rectum
*C.) Cervix
D.) Vagina

4. Where should the first clamp be placed on the umbilical cord once the baby has been delivered?
p. 490

A.) Five inches (12 cm) from the baby's abdomen
B.) Three inches (8 cm) from the baby's abdomen
C.) Eight inches (20 cm) from the baby's abdomen
*D.) Six inches (15 cm) from the baby's abdomen

5. Where should you position the placenta if you are not allowed to cut the cord and it delivers before additional help arrives?
p. 494

*A.) At the same level or a little higher than the baby
B.) At the same level or a little lower than the baby
C.) At the level of the mother's heart
D.) At the level of the mother's head

6. Which time is used when discussing the frequency of contractions?
p. 483

A.) Imminent time
B.) Birthing time
C.) Contraction time
*D.) Interval time

7. What should you do if the mother while in labor tells you she needs to use the bathroom?
p. 485

A.) Tell her she has to hold it
B.) Bring her a bedpan
C.) Allow her to go to the bathroom
*D.) Keep her lying down

8. What is the unborn baby called as it develops inside of the mother?
p. 481

A.) Neonate
B.) Infant
*C.) Fetus
D.) Ovum

9. What can the mother do that will cause the release of the hormone that contracts the uterus?
p. 495

A.) Deliver the placenta
B.) Flex stomach muscles
*C.) Nurse the baby
D.) Hold the baby

10. What are the sanitary napkins used for that are found in the OB kit?
p. 484

A.) Drying the baby
*B.) Vaginal bleeding
C.) Wiping mucus from the baby's mouth
D.) Draping the mother

11. What orientation is the baby's head in most deliveries?
p. 490

A.) Face to the left
B.) Face up
*C.) Face down
D.) Face to the right

12. What is the first thing you should do if you encounter a pregnant patient with vaginal bleeding?
p. 496

*A.) Ensure the ambulance is on its way
B.) Provide care for shock
C.) Place a sanitary pad over the vaginal opening
D.) Place the patient on her right side

13. What position should you place the mother into when a prolapsed cord is discovered?
p. 500

A.) Elevated feet
B.) Supine
C.) Recovery
*D.) Knee-chest

14. Which situation involves the baby being delivered before it can survive on its own?
p. 497

A.) Prebirth bleeding
B.) Ectopic pregnancy
*C.) Miscarriage
D.) Placenta abruption

15. Where is the placenta found when placenta previa occurs?
p. 502

A.) Along the right side of the uterus
*B.) Over the opening of the cervix
C.) Along the left side of the uterus
D.) Near the fundus of the uterus

16. Where should you place the paper bracelet on the baby with identifying information?
p. 491

A.) Head
*B.) Wrist
C.) Abdomen
D.) Ankle

17. Which of the following is NOT a common sign and symptom of an ectopic pregnancy?
p. 497

A.) Abdominal pain
B.) Absence of normal menstrual cycle
C.) Vaginal bleeding
*D.) Weight gain

18. What is the first step you must take when using a bulb syringe to clean the baby's airway?
p. 491

*A.) Squeeze the bulb
B.) Pull the syringe out while squeezing
C.) Insert the tip about one inch (2.5 cm) into the baby's nose or mouth
D.) Check the syringe for holes

19. Which type of discharge from the vagina is NOT normal during labor?
p. 482

A.) Watery fluid
B.) Blood-tinged fluids
C.) Bloody mucus
*D.) Bleeding

20. What color will the amniotic fluid be if there is meconium staining?
p. 498

A.) Red
*B.) Green
C.) White
D.) Blue

21. What is the compression/ventilation ratio to use when performing CPR on an infant?
p. 493

A.) 4 to 1
B.) 5 to 1
C.) 2 to 1
*D.) 3 to 1

22. During which months of pregnancy can blunt trauma cause significant damage to the fetus?
p. 502

A.) Same throughout
B.) First two
C.) Middle two
*D.) Last two

23. In which case should you NOT attempt to resuscitate a newborn?
p. 500

A.) If he dies after delivery
B.) If he looks skinny
C.) If he dies during delivery
*D.) If he has large blisters

24. What position should you place the patient who is having bleeding during pregnancy?
p. 496

A.) On her back
*B.) On her left side
C.) On her hands and knees
D.) On her right side

25. If being flat on her back makes the mother feel dizzy, how should you position her for delivery?
p. 486

A.) Leave her on her back
B.) On her hands and knees
*C.) Slightly on her left side
D.) Slightly on her right side

26. What should you do if the cord continues to bleed after being clamped and cut and trapped blood has drained?
p. 493

A.) Transport the baby immediately
B.) Cut the cord again after reclamping it
C.) Remove the original clamp and reapply another
*D.) Apply another clamp close to the original

27. When should you provide emotional support to the mother?
p. 485

A.) If she delivers
*B.) The entire process
C.) During contractions
D.) After the delivery

28. Almost what percentage of her blood volume can a pregnant woman lose before showing signs of shock?
p. 501

A.) 50%
B.) 70%
*C.) 40%
D.) 60%

29. How should the uterus be massaged?
p. 495

*A.) >From the pubic bone up the front of the pelvis toward the
naval
B.) >From the naval down the front of the pelvis toward the pubic bone
C.) >From the pubic bone around to the edges of the abdomen
toward the naval
D.) >From the navel around the edges of the abdomen toward the
pubic bone

30. Which should NOT be done to help control vaginal bleeding following the delivery of the placenta?
p. 495

A.) Provide oxygen and maintain normal body temperature
B.) Massage the uterus to encourage contractions
*C.) Allow the mother to use a tampon
D.) Have the mother lower her legs and keep them together

31. If the breech baby does not deliver within what timeframe should you notify dispatch to alert responding EMT personnel?
p. 498

A.) Four minutes
B.) Two minutes
C.) One minute
*D.) Three minutes

32. What is the minimum amount of time after delivery that you should wait to clamp and cut the umbilical cord?
p. 487

A.) Two minutes
*B.) One minute
C.) Three minutes
D.) Four minutes

33. Before what week is it considered a miscarriage?
p. 497

*A.) 26th
B.) 28th
C.) 30th
D.) 32nd

34. How long should an imminent delivery be expected to take?
p. 482

A.) Hours
B.) Seconds
*C.) Minutes
D.) Days

35. At what point in gestation is a baby considered full term?
p. 481

*A.) 38th week
B.) 35th week
C.) 37th week
D.) 36th week

36. How far up should you lift the mother's pelvis when preparing for delivery?
p. 489

A.) Four inches (10 cm)
*B.) Two inches (5 cm)
C.) Three inches (8 cm)
D.) One inch (2.5 cm)

37. Which of the following happens during the second stage of labor?
p. 482

A.) Contractions pick up
B.) Contractions become more regular
C.) Placenta is delivered
*D.) Baby is born

38. What should you use if the baby has a nuchal cord to try and remove it?
p. 490

A.) Scissors
*B.) Two fingers
C.) Gauze pad
D.) Cord clamp

39. What should you ask the mother to do as the baby's head emerges?
p. 486

A.) Push harder; hold her breath
B.) Breathe deeply
*C.) Stop pushing; begin panting
D.) Push harder

40. Where will the patient feel her contractions in the beginning of labor usually?
p. 482

A.) Upper abdomen
B.) Lower abdomen
*C.) Lower back
D.) Upper back

41. If the newborn's heart rate is 100 beats per minute or greater and breathing is adequate after assisted ventilations, what should you do?
p. 492

A.) Keep his head down and clamp the cord
B.) Continue with assisted ventilations
*C.) Provide gentle stimulation
D.) Give him to the mother

42. Over what age will the risk of complications before, during, and after delivery increase?
p. 495

A.) 30 years of age
B.) 32 years of age
*C.) 35 years of age
D.) 27 years of age

43. What will occur before the mother delivers the placenta?
p. 494

*A.) She will have mild contractions
B.) She will feel nauseous
C.) She will need to use the bathroom
D.) She will have slight bleeding

44. What is normally the treatment for supine hypotensive syndrome?
p. 501

A.) Medication
B.) Delivery
*C.) Reposition the patient
D.) High-flow oxygen

45. What is the showing of the baby's head at the opening of the vagina called?
p. 482

A.) Tipping
B.) Showing
C.) Peeking
*D.) Crowning

46. Where should you place one of your hands as the baby delivers?
p. 489

A.) On the baby's back
B.) Around the top of the baby's head
C.) Over the baby's face
*D.) Below the baby's head

47. What position should you place the newborn baby?
p. 490-491

A.) On his back with head slightly lower than his body
*B.) On his side with head slightly lower than his body
C.) On his side with head slightly higher than his body
D.) On his back with head slightly higher than his body

48. Once contractions are how many minutes apart is birth imminent?
p. 485

*A.) 2 minutes
B.) 5 minutes
C.) 3 minutes
D.) 4 minutes

49. How long should assisted ventilations be given to the newborn before you reassess breathing?
p. 492

*A.) 30 seconds
B.) 10 seconds
C.) 20 seconds
D.) 40 seconds

50. Which of the following is NOT a basic piece of protective equipment needed during childbirth?
p. 482

A.) Gown
*B.) Head protection
C.) Eye protection
D.) Mask

51. What is the average amount of time does the process of labor take for the first-time mother?
p. 482

A.) 24 hours
*B.) 16 hours
C.) 18 hours
D.) 36 hours

52. Which of the following should NOT be done if you are needing privacy for a laboring patient?
p. 486

A.) Send unneeded bystanders away
B.) Carry her to a private place
C.) Control the scene
*D.) Have her walk to another location

53. Which of the following is NOT a characteristic of preeclampsia?
p. 501

*A.) Seizure
B.) Nausea
C.) Headache
D.) Fluid retention

54. Where should you use a stethoscope to assess a newborn's pulse?
p. 492

*A.) Chest
B.) Umbilical cord
C.) Back
D.) Neck