

Obstetrics and Neonatal Care

General Knowledge

Matching

Match each of the items in the left column to the appropriate definition in the right column.

- | | |
|-------------------------------|---|
| _____ 1. Cervix | A. An umbilical cord that is wrapped around the infant's neck |
| _____ 2. Crowning | B. A fluid-filled, baglike membrane inside the uterus that grows around the developing fetus |
| _____ 3. Placenta | C. Appearance of the infant's head at the vaginal opening during labor |
| _____ 4. Amniotic sac | D. The neck of the uterus |
| _____ 5. Fetus | E. Connects mother and infant |
| _____ 6. Birth canal | F. Sensation felt by a pregnant patient when the fetus positions itself for delivery |
| _____ 7. Primigravida | G. The part of the infant that appears first |
| _____ 8. Umbilical cord | H. The vagina and lower part of the uterus |
| _____ 9. Lightening | I. A woman who has had previous pregnancies |
| _____ 10. Breech presentation | J. Spontaneous abortion |
| _____ 11. Limb presentation | K. Delivery in which the presenting part is a single arm, leg, or foot |
| _____ 12. Multigravida | L. Tissue that develops on the wall of the uterus and is connected to the fetus |
| _____ 13. Nuchal cord | M. First pregnancy |
| _____ 14. Presentation | N. The developing, unborn infant |
| _____ 15. Miscarriage | O. Delivery in which the buttocks come out first |

Multiple Choice

Read each item carefully and then select the one best response.

- _____ 1. Which of the following is NOT true regarding delivery with a nuchal cord?
- Gently slip the cord over the infant's head or shoulder.
 - Clamp the cord and cut it before delivering the infant.
 - Clamp the cord, then suction the airway before cutting the cord.
 - Clamp the cord and cut it, then gently unwind it from around the neck if wrapped around more than once.
- _____ 2. Which of the following refers to greenish or foul-smelling amniotic fluid?
- Nuchal rigidity
 - Meconium staining
 - Placenta previa
 - Bloody show
- _____ 3. Which of the following is NOT performed immediately following delivery of the infant?
- Wrap the infant in a towel and place it on one side with head lowered.
 - Be sure the head is covered and keep the neck in a neutral position.
 - Use a sterile gauze pad to wipe the infant's mouth, then suction again.
 - Obtain an Apgar score.

- _____ 4. You may help control bleeding by massaging the _____ after delivery of the placenta.
- A. perineum
 - B. fundus
 - C. lower back
 - D. inner thighs
- _____ 5. The Apgar score should be calculated at _____ minutes after birth.
- A. 1 and 5
 - B. 3 and 7
 - C. 2 and 10
 - D. 4 and 8
- _____ 6. Once the infant is delivered, feel for a brachial pulse or the pulsations in the umbilical cord. If the pulse rate is below _____ beats/min, begin assisted ventilations.
- A. 60
 - B. 80
 - C. 100
 - D. 120
- _____ 7. When assisting ventilations in a newborn with a bag-mask device, the rate is _____ breaths/min.
- A. 20 to 30
 - B. 30 to 50
 - C. 35 to 45
 - D. 40 to 60
- _____ 8. When performing CPR on a newborn, you should perform a combined total of _____ compressions per minute.
- A. 90
 - B. 100
 - C. 110
 - D. 120
- _____ 9. You cannot successfully deliver a _____ presentation in the field.
- A. limb
 - B. breech
 - C. vertex
 - D. cephalic
- _____ 10. Which of the following is NOT performed when caring for a mother with a prolapsed cord?
- A. Clamp and cut the cord.
 - B. Provide high-flow oxygen and rapid transport.
 - C. Use your fingers to physically hold the infant's head off the cord.
 - D. Position the mother to keep the weight of the infant off the cord.
- _____ 11. When handling a delivery involving a drug- or alcohol-addicted mother, your first concern should be for:
- A. the mother's airway.
 - B. your personal safety.
 - C. the infant's airway.
 - D. the need for CPR for the infant.

- _____ 12. Which of the following is NOT a stage of labor?
- A. Rupture of amniotic fluid
 - B. Expulsion of the baby
 - C. Delivery of the placenta
 - D. Dilation of the cervix
- _____ 13. The first stage of labor begins with the onset of contractions and ends when:
- A. the infant is born.
 - B. the cervix is fully dilated.
 - C. the water breaks.
 - D. the placenta is delivered.
- _____ 14. Which of the following is NOT a sign of the beginning of labor?
- A. Bloody show
 - B. Contractions of the uterus
 - C. Crowning
 - D. Rupture of the amniotic sac
- _____ 15. The second stage of labor begins when the cervix is fully dilated and ends when:
- A. the infant is born.
 - B. the water breaks.
 - C. the placenta delivers.
 - D. the uterus stops contracting.
- _____ 16. The third stage of labor begins with the birth of the infant and ends with the:
- A. release of milk from the breasts.
 - B. cessation of uterine contractions.
 - C. delivery of the placenta.
 - D. cutting of the umbilical cord.
- _____ 17. The difference between preeclampsia and eclampsia is the onset of:
- A. seeing spots.
 - B. seizures.
 - C. swelling in the hands and feet.
 - D. headaches.
- _____ 18. You should consider the possibility of a(n) _____ in women who have missed a menstrual cycle and complain of a sudden stabbing and usually unilateral pain in the lower abdomen.
- A. PID
 - B. ectopic pregnancy
 - C. miscarriage
 - D. placenta abruptio
- _____ 19. Which of the following is NOT a reason for delivery of the fetus at the scene?
- A. Delivery can be expected within a few minutes.
 - B. There is a natural disaster.
 - C. There is severe inclement weather.
 - D. The amniotic sac has ruptured.
- _____ 20. Which of the following statements regarding pregnancy is true?
- A. A patient in the third trimester is at a decreased risk for aspiration.
 - B. As the pregnancy continues, the patient will experience slower and deeper breathing.
 - C. By the 20th week of pregnancy, the uterus is at or above the belly button.
 - D. Maternal blood volume increases up to 10% by the end of pregnancy.

- _____ 21. Low blood pressure resulting from compression of the inferior vena cava by the weight of the fetus when the mother is supine is called:
- A. pregnancy-induced hypertension.
 - B. placenta previa.
 - C. placenta abruptio.
 - D. supine hypotensive syndrome.
- _____ 22. _____ is a situation in which the umbilical cord comes out of the vagina before the infant.
- A. Eclampsia
 - B. Placenta previa
 - C. Abruptio placenta
 - D. Prolapsed cord
- _____ 23. Premature separation of the placenta from the wall of the uterus is known as:
- A. eclampsia.
 - B. placenta previa.
 - C. placenta abruptio.
 - D. prolapsed cord.
- _____ 24. _____ is a condition in which the placenta develops over and covers the cervix.
- A. Eclampsia
 - B. Placenta previa
 - C. Placenta abruptio
 - D. Prolapsed cord
- _____ 25. _____ is heralded by the onset of convulsions, or seizures, resulting from severe hypertension in the pregnant woman.
- A. Eclampsia
 - B. Placenta previa
 - C. Placenta abruptio
 - D. Supine hypotensive syndrome
- _____ 26. Which of the following is NOT considered a possible effect to the fetus when the mother is a known substance abuser?
- A. Low birth weight
 - B. Spina bifida
 - C. Prematurity
 - D. Severe respiratory depression

Questions 27-31 are derived from the following scenario: You have been dispatched to the side of a highway where a woman is reported to be delivering a baby. As you approach the vehicle, you see her lying down in the back seat.

- _____ 27. Which of the following signs tell you that the birth is imminent?
- A. Her water has not broken.
 - B. Her contractions are 3 to 6 minutes apart.
 - C. She is a primigravida.
 - D. The infant is crowning.
- _____ 28. If the baby is crowning and the amniotic sac has not yet ruptured, you should:
- A. leave it in place and wait for ALS.
 - B. puncture the sac only after ordered to do so by medical control.
 - C. puncture the sac, allow the fluid to drain, and leave the sac in place.
 - D. puncture the sac away from the head and then push the sac away from the infant's face.

- _____ 29. As you perform a visual exam, you note crowning. This means that:
- A. the baby is making a crowing-type of sound.
 - B. the baby cannot be visualized.
 - C. you can visualize the baby's head.
 - D. the father is excited and needs care.
- _____ 30. Once the infant's head has been delivered:
- A. suction the infant's nose, and then the mouth.
 - B. apply oxygen over the mother's vagina.
 - C. suction the infant's mouth, then the nose.
 - D. apply a nasal cannula at 3 L/min to the infant.
- _____ 31. Concerning the delivery of the placenta, which of the following are emergency situations?
- A. More than 30 minutes have elapsed and the placenta has not delivered.
 - B. There is more than 500 mL of bleeding before delivery of the placenta.
 - C. There is significant bleeding after delivery of the placenta.
 - D. All of the above.
- _____ 32. Ovulation occurs approximately _____ before menstruation.
- A. 1 week
 - B. 2 weeks
 - C. 3 weeks
 - D. 4 weeks
- _____ 33. Fertilization usually occurs when the egg is inside the:
- A. ovary.
 - B. uterus.
 - C. fallopian tube.
 - D. endometrium.
- _____ 34. Which of the following statements is FALSE?
- A. Gestational diabetes will clear up in most women after delivery.
 - B. The leading cause of abruptio placenta is an ectopic pregnancy.
 - C. As pregnancy progresses, the uterus enlarges and rises out of the pelvis.
 - D. Some cultures may not permit male EMTs to examine a female patient.
- _____ 35. The "P" in Apgar stands for:
- A. perfusion
 - B. pulse
 - C. pupils
 - D. position
- _____ 36. Which of the following statements regarding multiple gestations is FALSE?
- A. You should consider the possibility of twins when the first infant is small and the mother's abdomen remains fairly large after the birth.
 - B. You should record the time of birth on each twin separately.
 - C. There is only one placenta with the birth of twins.
 - D. The second baby will usually be born within 45 minutes of the first.
- _____ 37. An infant delivered before _____ weeks is considered premature.
- A. 36
 - B. 37
 - C. 38
 - D. 39

- _____ 38. All of the following are correct regarding postterm pregnancy EXCEPT:
- A. infants can be larger, sometimes weighing 10 pounds (4.5 kg) or more.
 - B. there is an increased risk of meconium aspiration.
 - C. postterm is considered past 2 weeks gestation.
 - D. ultrasounds are not accurate at determining due dates.
- _____ 39. A patient presents with a sudden onset of shortness of breath three days following a delivery. What is likely underlying cause of this condition?
- A. Pulmonary hypertension
 - B. Pulmonary inflammation
 - C. Pulmonary embolism
 - D. Pulmonary fibrosis
- _____ 40. After delivery, if the infant does not begin breathing after _____ seconds, you should begin resuscitation efforts.
- A. 5 to 10
 - B. 10 to 15
 - C. 15 to 20
 - D. 20 to 25

True/False

If you believe the statement to be more true than false, write the letter "T" in the space provided. If you believe the statement to be more false than true, write the letter "F."

- _____ 1. The small mucous plug from the cervix that is discharged from the vagina, often at the beginning of labor, is called a bloody show.
- _____ 2. Crowning occurs when the baby's head obstructs the birth canal, preventing normal delivery.
- _____ 3. Labor begins with the rupture of the amniotic sac and ends with the delivery of the baby's head.
- _____ 4. A woman who is having her first baby is called a multigravida.
- _____ 5. Once labor has begun, it can be slowed by holding the patient's legs together.
- _____ 6. Delivery of the buttocks before the baby's head is called a breech delivery.
- _____ 7. Massaging the abdomen after delivery helps to control bleeding.
- _____ 8. The placenta and cord should be properly disposed of in a biohazard container after delivery.
- _____ 9. The umbilical cord may be gently pulled to aid in delivery of the placenta.
- _____ 10. A limb presentation occurs when the baby's arm, leg, or foot is emerging from the vagina first.
- _____ 11. Multiple births may have more than one placenta.
- _____ 12. Pregnant teenagers may not know that they are pregnant.
- _____ 13. After delivery of the head, suction the nose first.
- _____ 14. Abuse during pregnancy increases the chance of miscarriage, premature delivery, and low birth weight.
- _____ 15. If called to deliver an infant who may have died in the uterus, you could notice skin blisters and dark discoloration to the infant.
- _____ 16. Most premature infants have vernix on their skin when delivered.
- _____ 17. Excessive bleeding after birth is usually caused by the muscles of the uterus not fully contracting.