American Midwifery Certification Board (AMCB) Practice Exam (Sample)

Study Guide

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Questions

1. How often must exacerbations occur in mild persistent asthma?

A. Once a month

B. 2 or more exacerbations requiring oral corticosteroids over the last year

C. Daily

D. Twice a week

2. What is a scrotal hydrocele?

A. Inflammation of the scrotum

B. Swelling due to a collection of fluid in the testes

C. Infection of the scrotal sac

D. An inability to retract the testicle

3. Low levels of HDL cholesterol are associated with what risk?

A. Increased risk for diabetes

B. Increased risk for heart disease

C. Decreased risk for hypertension

D. No associated risk

4. What is a hallmark manifestation of Cerebral Palsy in newborns?

A. Decreased reflexes

B. Motor weakness

C. High-pitched cry only

D. Prolonged sleep patterns

5. What is the most accurate measurement of the embryo in the first trimester?

A. Gestational age

B. Crown-rump length

C. Fetal heartbeat

D. Ultrasound size assessment

6. What condition involves a swelling of the scrotum due to a fluid collection?

- **A. Hypospadias**
- **B. Cryptorchidism**
- **C. Scrotal hydrocele**
- **D. Chordee**

7. What condition may result in postpartum hemorrhage due to an enlarged uterus and continued lochial discharge?

- **A. Subinvolution of the uterus**
- **B. Mastitis**
- **C. Subgaleal hemorrhage**
- **D. Neonatal hypoglycemia**

8. What characterizes an innocent murmur?

- **A. It is always loud and associated with heart failure**
- **B. It indicates no valvular or pathologic cause**
- **C. It is indicative of severe cardiac disease**
- **D. It usually occurs in the presence of structural heart defects**

9. What is considered a normal FEV1 percentage for mild persistent asthma?

- **A. Greater than 60% predicted**
- **B. Greater than 70% predicted**
- **C. Greater than 80% predicted**
- **D. Greater than 90% predicted**

10. What is the purpose of a correlational research design?

- **A. To establish cause and effect relationships**
- **B. To examine the statistical relationship between two or more variables**
- **C. To conduct experiments in controlled settings**
- **D. To test the efficacy of a new treatment**

Answers

1. B
2. B
3. B
4. B
5. B
6. C
7. A
8. B
9. C
10. B

Explanations

1. How often must exacerbations occur in mild persistent asthma?

A. Once a month

B. 2 or more exacerbations requiring oral corticosteroids over the last year

C. Daily

D. Twice a week

In the context of mild persistent asthma, exacerbations are defined as episodes where asthma symptoms worsen and may require increased treatment intervention. For a diagnosis of mild persistent asthma, it is specified that the individual experiences at least two exacerbations within a year that require the use of systemic corticosteroids, such as oral corticosteroids. This criterion helps to categorize asthma severity based on the frequency and intensity of exacerbations. Option B accurately reflects this standard by stating that 2 or more exacerbations requiring oral corticosteroids occurred over the last year. This aligns with the clinical definitions and guidelines utilized for classifying asthma, ensuring that the assessment of asthma control incorporates both the frequency of symptoms and the need for escalated therapy. Other choices propose different frequencies or intensities of exacerbations, but only the specified two or more within the year accurately captures the scope of mild persistent asthma, which is characterized by symptoms that occur most days but are not persistent and do not significantly disrupt daily activities.

2. What is a scrotal hydrocele?

A. Inflammation of the scrotum

B. Swelling due to a collection of fluid in the testes

C. Infection of the scrotal sac

D. An inability to retract the testicle

A scrotal hydrocele is accurately described as a swelling that occurs due to a collection of fluid in the tunica vaginalis, which is the membrane surrounding the testes. This fluid accumulation can result from various factors, including an imbalance in the production and absorption of fluid within this membrane or after trauma. The dilation results in a noticeable enlargement of the scrotum, which can be observed upon physical examination. This distinction is critical for proper diagnosis and management, as a hydrocele typically presents as a painless swelling and may require intervention only if it becomes large or symptomatic. Understanding the nature of a hydrocele helps practitioners differentiate it from other scrotal pathologies that might involve inflammation, infection, or anatomical abnormalities. The other options address conditions that are distinct from a hydrocele, such as inflammation or infection, which generally involve different sets of symptoms and treatment approaches. Moreover, an inability to retract the testicle refers to a different issue altogether, typically relating to conditions like testicular torsion or undescended testicles rather than fluid collection.

3. Low levels of HDL cholesterol are associated with what risk?

A. Increased risk for diabetes

B. Increased risk for heart disease

C. Decreased risk for hypertension

D. No associated risk

Low levels of HDL cholesterol, often referred to as "good cholesterol," are significantly associated with an increased risk for heart disease. HDL cholesterol plays a crucial role in transporting cholesterol away from the arteries and back to the liver, where it can be processed and removed from the body. Higher levels of HDL are protective against cardiovascular issues because they help reduce the buildup of plaque in the arteries, a condition known as atherosclerosis, which can lead to heart attacks and strokes. When HDL levels are low, this protective mechanism is impaired, leading to an increased likelihood of developing heart disease. This association is supported by numerous studies that have shown that individuals with low HDL cholesterol levels are at higher risk for coronary artery disease and other cardiovascular events. Consequently, monitoring HDL cholesterol levels is an important aspect of assessing cardiovascular health and risk factors.

4. What is a hallmark manifestation of Cerebral Palsy in newborns?

A. Decreased reflexes

B. Motor weakness

C. High-pitched cry only

D. Prolonged sleep patterns

Motor weakness is indeed a hallmark manifestation of cerebral palsy in newborns. This condition affects the areas of the brain that control movement and posture, leading to various degrees of weakness in the muscles. In infants, this may present as difficulty in controlling movements, maintaining posture, or achieving developmental milestones such as rolling over or sitting up. Cerebral palsy encompasses a range of motor disorders, and the weakness can be more pronounced on one side of the body or can affect the entire body. These motor difficulties are typically attributable to the brain's inability to send appropriate signals to the muscles, resulting in reduced functional ability. Other manifestations like reflexes might be somewhat affected, but decreased reflexes are more indicative of other neurological conditions rather than cerebral palsy specifically. Similarly, a high-pitched cry and prolonged sleep patterns are not specific indicators of cerebral palsy but could be encountered in various infant health issues. Therefore, recognizing motor weakness is crucial for early identification and intervention for individuals with cerebral palsy.

5. What is the most accurate measurement of the embryo in the first trimester?

A. Gestational age

B. Crown-rump length

C. Fetal heartbeat

D. Ultrasound size assessment

The most accurate measurement of the embryo in the first trimester is crown-rump length (CRL). This measurement provides an assessment of the embryo's length from the top of the head (the crown) to the bottom of the buttocks (the rump). During the first trimester, CRL is often considered the gold standard because it correlates closely with gestational age, particularly in the early weeks of pregnancy. CRL is a reliable indicator of embryo growth and development, and it remains consistent through early pregnancy stages when the embryo is still small and relatively easy to measure accurately via ultrasound. As the pregnancy progresses and the fetal position varies, other measurement methods may introduce variations, making CRL the preferred choice for early assessment. Gestational age can be estimated based on CRL, but it is less direct as it often relies on multiple factors and can vary based on the timing of ovulation and implantation. Fetal heartbeat is an important indicator of viability but doesn't offer an accurate measurement of size. Ultrasound size assessment can include various methods of measurement, including CRL, but is not as specifically focused or standardized in the early stages as the CRL measurement itself.

6. What condition involves a swelling of the scrotum due to a fluid collection?

A. Hypospadias

B. Cryptorchidism

C. Scrotal hydrocele

D. Chordee

The condition that involves swelling of the scrotum due to a fluid collection is scrotal hydrocele. A hydrocele occurs when fluid accumulates in the sac surrounding the testicle, leading to a noticeable enlargement of the scrotum. This fluid accumulation can happen for various reasons, including congenital factors or injury, and it is usually benign. In contrast, conditions like hypospadias involve an abnormal opening in the urethra and do not cause scrotal swelling. Cryptorchidism refers to undescended testicles and may not present with fluid accumulation in the scrotum. Chordee is a condition where there is a downward curve of the penis, often associated with hypospadias, and does not relate to fluid collection in the scrotum either. Understanding these distinctions is crucial for accurate diagnosis and management in clinical practice.

7. What condition may result in postpartum hemorrhage due to an enlarged uterus and continued lochial discharge?

A. Subinvolution of the uterus

B. Mastitis

C. Subgaleal hemorrhage

D. Neonatal hypoglycemia

Subinvolution of the uterus is a condition characterized by the failure of the uterus to return to its pre-pregnancy size and state after childbirth. Normally, the uterus contracts and reduces in size as it expels the remaining placental tissue and blood. However, in cases of subinvolution, the uterus remains enlarged and may continue to bleed, leading to postpartum hemorrhage. This situation is often accompanied by a continued lochial discharge, which is the vaginal bleeding that women experience after delivery. The lochia is comprised of blood, mucus, and uterine tissue that is expelled as the uterus heals. If subinvolution occurs, there may be persistent or heavier than normal discharge due to retained placental fragments or other causes that prevent the uterus from contracting properly. The other conditions listed do not directly cause postpartum hemorrhage related to an enlarged uterus and lochial discharge. Mastitis involves inflammation of breast tissue and is unrelated to uterine size or discharge. Subgaleal hemorrhage refers to bleeding between the skull and the periosteum in neonates, which is not related to postpartum issues of the uterus. Neonatal hypoglycemia is a metabolic condition affecting newborns and does not pertain to uterine involution or bleeding after

8. What characterizes an innocent murmur?

A. It is always loud and associated with heart failure

B. It indicates no valvular or pathologic cause

C. It is indicative of severe cardiac disease

D. It usually occurs in the presence of structural heart defects

An innocent murmur is characterized by the absence of any underlying heart disease or structural abnormalities. This type of murmur is typically found in healthy individuals, especially in children, and is often related to the physiological flow of blood through the heart and great vessels. It does not indicate any valvular or pathological cause, meaning that there are no abnormalities in the heart's structures or functionality contributing to the sound. Innocent murmurs are usually soft and present only when listening closely; they do not result in symptoms or complications such as heart failure. This distinguishes them from abnormal murmurs, which could indicate heart defects or other cardiac issues. The defining aspect of an innocent murmur is its benign nature, which reassures both healthcare professionals and patients regarding the lack of serious medical conditions.

9. What is considered a normal FEV1 percentage for mild persistent asthma?

A. Greater than 60% predicted

B. Greater than 70% predicted

C. Greater than 80% predicted

D. Greater than 90% predicted

In the context of mild persistent asthma, a normal FEV1 (Forced Expiratory Volume in one second) percentage is typically classified as greater than 80% of the predicted value. This classification helps clinicians assess the severity of asthma and determine appropriate management strategies. Individuals with mild persistent asthma generally exhibit lung function that, while impaired compared to individuals without asthma, still maintains a degree of functionality that allows them to have FEV1 values above this 80% threshold. This is significant as it indicates that while the individual may experience symptoms more frequently, they do not have severe limitations in airflow, making it manageable with appropriate interventions. The other percentages presented do not align with the standard classification for mild persistent asthma, as they either fall within ranges for different severity levels or indicate a respiratory condition that is more impaired than mild persistent asthma represents. Therefore, the percentage greater than 80% predicted is the appropriate benchmark for this classification.

10. What is the purpose of a correlational research design?

A. To establish cause and effect relationships

B. To examine the statistical relationship between two or more variables

C. To conduct experiments in controlled settings

D. To test the efficacy of a new treatment

The purpose of a correlational research design is to examine the statistical relationship between two or more variables. This type of research focuses on identifying patterns and associations without manipulating the variables involved. Researchers use correlational designs to determine whether changes in one variable correspond with changes in another, thus identifying whether a relationship exists. For instance, in a health context, a study might explore the relationship between physical activity levels and overall health outcomes. While the results can indicate whether a correlation exists—such as increased physical activity being associated with improved health—it does not imply that one variable causes changes in another. This design is fundamental in various fields to understand relationships and to generate hypotheses that can later be tested through more rigorous methods, such as experimental designs.