

AMERICAN MIDWIFERY CERTIFICATION BOARD (AMCB) PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What is a prominent effect of maternal cocaine use on an infant?**
 - A. High birth weight
 - B. Low birth weight
 - C. Normal head circumference
 - D. Increased length
- 2. Which cranial nerve is responsible for testing the strength of the temporal and masseter muscles?**
 - A. Cranial Nerve VII: Facial
 - B. Cranial Nerve V: Trigeminal
 - C. Cranial Nerve VIII: Acoustic
 - D. Cranial Nerve IX: Glossopharyngeal
- 3. What blood glucose level indicates neonatal hypoglycemia?**
 - A. 60-70 mg/dL
 - B. 40-50 mg/dL
 - C. 30-40 mg/dL
 - D. 50-60 mg/dL
- 4. What role does Lactobacillus play in the female reproductive system?**
 - A. Creating alkaline pH
 - B. Maintaining acidic pH
 - C. Producing estrogen
 - D. Enhancing fertility
- 5. 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
- 6. When does the vaginal epithelium typically heal after a vaginal birth?**
 - A. Within 1-2 weeks
 - B. Within 3-4 weeks
 - C. Between 6-10 weeks
 - D. After 10 weeks

7. How many doses are required for the HPV vaccine?

- A. One dose
- B. Two doses
- C. Three doses
- D. Four doses

8. What is a contraindication for Raloxifene?

- A. Hyperlipidemia
- B. Concurrent use of estrogen
- C. Osteoporosis
- D. Age over 65

9. What does a PPD test of 5mm indicate?

- A. Positive for low risk individuals
- B. Positive for very high risk individuals
- C. Negative result
- D. Positive for those with no risk factors

10. What change occurs to the shape of the uterus during placental separation?

- A. It changes from discoid to globular
- B. It becomes elongated
- C. It increases in density
- D. It flattens

Answers

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

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Explanations

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1. What is a prominent effect of maternal cocaine use on an infant?

- A. High birth weight
- B. Low birth weight**
- C. Normal head circumference
- D. Increased length

Maternal cocaine use is associated with several adverse outcomes during pregnancy, one of which is low birth weight. Cocaine can restrict blood flow to the placenta, impairing nutrient and oxygen delivery to the developing fetus. This can result in intrauterine growth restriction, causing infants to be born smaller than expected for their gestational age. Low birth weight can lead to various complications for the infant, including a higher risk of neonatal morbidity. In contrast, high birth weight, normal head circumference, and increased length are not typically associated with cocaine use. High birth weight would usually be indicative of a well-nourished fetus but is not seen with cocaine exposure. Similarly, head circumference and length may not be affected positively, as the overall growth potential is compromised due to the drug's impact on placental function and fetal development. Therefore, the prominent effect observed with maternal cocaine use is indeed low birth weight.

2. Which cranial nerve is responsible for testing the strength of the temporal and masseter muscles?

- A. Cranial Nerve VII: Facial
- B. Cranial Nerve V: Trigeminal**
- C. Cranial Nerve VIII: Acoustic
- D. Cranial Nerve IX: Glossopharyngeal

The cranial nerve responsible for testing the strength of the temporal and masseter muscles is Cranial Nerve V, also known as the Trigeminal nerve. This nerve has three branches that control sensation in the face and motor functions such as biting and chewing. When assessing the strength of the temporal and masseter muscles, the evaluation focuses on the motor function provided by the mandibular branch of the Trigeminal nerve, which innervates the muscles responsible for mastication. Testing strength in these muscles typically involves asking the patient to clench their jaw, allowing for assessment of muscle function and nerve integrity. The other cranial nerves mentioned do not have a role in this specific assessment. Cranial Nerve VII, the Facial nerve, is primarily responsible for the movement of facial expressions and sensation in the anterior two-thirds of the tongue. Cranial Nerve VIII, the Acoustic nerve, is involved in hearing and balance, and does not affect muscle strength in the jaw. Cranial Nerve IX, the Glossopharyngeal nerve, is responsible for functions related to taste and swallowing, but it does not innervate the muscles that you test when assessing the jaw's strength. Thus, the focus on the Trigeminal nerve is critical in

3. What blood glucose level indicates neonatal hypoglycemia?

- A. 60-70 mg/dL
- B. 40-50 mg/dL**
- C. 30-40 mg/dL
- D. 50-60 mg/dL

Neonatal hypoglycemia is typically defined by a blood glucose level below a certain threshold, where values of 40-50 mg/dL are commonly associated with the condition. In newborns, maintaining appropriate blood glucose levels is crucial for proper brain function and overall metabolism. A blood glucose level less than 40 mg/dL is often flagged as hypoglycemic, but levels in the range of 40-50 mg/dL indicate a risk for hypoglycemia and warrant monitoring and possible intervention. Understanding these thresholds is vital, as untreated hypoglycemia can lead to serious complications, including neurological damage. It's also important to recognize that guidelines may vary slightly based on the population and specific clinical settings, but the consensus confirms that values below 50 mg/dL should trigger concern for potential hypoglycemia in neonates. Consequently, a blood glucose level in the range of 40-50 mg/dL is widely recognized as indicative of neonatal hypoglycemia.

4. What role does Lactobacillus play in the female reproductive system?

- A. Creating alkaline pH
- B. Maintaining acidic pH**
- C. Producing estrogen
- D. Enhancing fertility

Lactobacillus plays a crucial role in the female reproductive system primarily by maintaining an acidic pH in the vagina. This acidity is vital for several reasons. First, the acidic environment helps to protect against infections by inhibiting the growth of pathogenic bacteria and yeast, which thrive in a more alkaline environment. Second, a healthy population of Lactobacillus ensures that beneficial flora dominates, which promotes overall vaginal health. This balance is essential for optimal reproductive function, as many sexually transmitted infections can alter the pH and lead to complications such as bacterial vaginosis or yeast infections, which can negatively impact fertility. The formation of an acidic pH is attributed to Lactobacillus fermentation of glycogen, which is present in the vaginal epithelium. This process produces lactic acid, keeping the vaginal environment inhospitable to harmful microorganisms. By efficiently maintaining this acidic pH, Lactobacillus supports the integrity of the vaginal microbiome, which is crucial for the overall health of the female reproductive system.

5. 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.

6. When does the vaginal epithelium typically heal after a vaginal birth?

- A. Within 1-2 weeks
- B. Within 3-4 weeks
- C. Between 6-10 weeks**
- D. After 10 weeks

The vaginal epithelium typically heals between 6 to 10 weeks after a vaginal birth due to the physiological processes involved in tissue recovery. During this time, the body undergoes significant healing following the trauma of childbirth. The vaginal epithelium, being composed of stratified squamous cells, repairs and regenerates at a pace that allows for full recovery within this timeframe. In the immediate aftermath of delivery, there may be inflammation and edema, which can complicate the healing process. As time progresses, the tissue undergoes remodeling, and any lacerations or trauma sustained during the birthing process gradually heal. By around the 6 to 10-week mark, the epithelium has typically restored its barrier function and structural integrity, making it a crucial time frame to monitor for complications such as infections or delayed healing. While the healing process can begin within the first few weeks, it is the longer period of up to 10 weeks that allows for adequate restoration, thus making this the appropriate timeframe for vaginal epithelium healing.

7. How many doses are required for the HPV vaccine?

- A. One dose
- B. Two doses
- C. Three doses**
- D. Four doses

The HPV vaccine typically requires three doses to achieve optimal vaccine efficacy and long-lasting immunity. The vaccination schedule generally involves administering the first dose, followed by the second dose 1-2 months later, and then the third dose at 6 months after the first dose. This regimen has been shown to effectively protect against various strains of human papillomavirus that can lead to cervical cancer and other HPV-related diseases. The importance of completing the full three-dose series is critical for ensuring that the individual receives the maximum protection offered by the vaccine. While there have been updates in guidelines regarding the number of doses for certain populations, especially younger adolescents who may only require two doses, the three-dose regimen remains the standard for many age groups and situations. This is why three doses is the correct answer in the context of general vaccine administration.

8. What is a contraindication for Raloxifene?

- A. Hyperlipidemia
- B. Concurrent use of estrogen**
- C. Osteoporosis
- D. Age over 65

Raloxifene is a selective estrogen receptor modulator (SERM) often used in the prevention and treatment of osteoporosis, particularly in postmenopausal women. One important contraindication for Raloxifene is its concurrent use with estrogen. This is because the combination can potentially increase the risk of adverse effects, such as thromboembolic events. Estrogen and Raloxifene have overlapping effects on estrogen receptors, and the safety profile may be compromised when they are used together. In clinical practice, it is crucial to evaluate the medication regimen of patients, especially those who may be at higher risk for complications related to cardiovascular and thrombotic events when combining therapies that affect the same hormonal pathways. Patients prescribed Raloxifene should be monitored for their overall health status and other medications they are taking to mitigate risks associated with concurrent estrogen use.

9. What does a PPD test of 5mm indicate?

- A. Positive for low risk individuals
- B. Positive for very high risk individuals**
- C. Negative result
- D. Positive for those with no risk factors

A PPD test, or purified protein derivative test, is used to determine if someone has been exposed to the bacteria that cause tuberculosis (TB). The result is measured in millimeters of induration, which is the hardened area of skin at the test site. A result of 5mm induration indicates a positive response, particularly in individuals who are considered to be at very high risk for TB infection. This group includes individuals such as those with compromised immune systems (like HIV patients), recent contacts of active TB cases, or individuals with certain medical conditions or a history that places them at a higher risk of developing TB. In these cases, even a small induration may warrant further evaluation because it suggests active infection or significant exposure. In contrast, for individuals who are considered low risk or have no risk factors, a 5mm result would typically be interpreted as negative, indicating that they have not been exposed to TB. Understanding the significance of the measured induration is crucial in assessing the risk of TB infection and determining the necessary follow-up actions.

10. What change occurs to the shape of the uterus during placental separation?

- A. It changes from discoid to globular**
- B. It becomes elongated
- C. It increases in density
- D. It flattens

During placental separation, the shape of the uterus changes from discoid to a more globular form. This occurs due to the process of uterine contractions that help facilitate the detachment of the placenta from the uterine wall. Initially, during pregnancy, the placenta has a discoid shape, closely adhering to the uterine lining. As the placenta separates, the contractions of the uterus cause it to retract and assume a more rounded, globular shape. This adaptation is essential for effectively expelling the placenta and minimizing the risk of retained placental fragments, which can lead to complications. The other options describe changes that do not accurately reflect the physiological process during placental separation. While the uterus does undergo various changes throughout pregnancy and postpartum, the primary and notable transformation during the separation of the placenta is the shift to a globular configuration.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

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We wish you the very best on your exam journey. You've got this!

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