

ATI MATERNITY PRACTICE TEST (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	16

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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. Which exercise is often recommended for pregnant women to promote pelvic floor strength?**
 - A. Squats
 - B. Kegel exercises
 - C. Running
 - D. Yoga stretches
- 2. What is the recommended frequency of prenatal visits during the second trimester?**
 - A. Every 2 weeks
 - B. Weekly
 - C. Every 4 weeks
 - D. Monthly
- 3. At what gestational age is chorionic villus sampling (CVS) typically performed?**
 - A. Between 8 and 10 weeks
 - B. Between 10 and 13 weeks
 - C. Between 12 and 15 weeks
 - D. Between 15 and 20 weeks
- 4. Which of the following assessments indicates a potential complication in a postpartum client?**
 - A. Increased appetite
 - B. Sharp abdominal pain
 - C. Stable blood pressure
 - D. Improved mood
- 5. When caring for an adolescent patient, what should the nurse do after administering ceftriaxone?**
 - A. Document the medication administration
 - B. Reinforce education about safe sex practices
 - C. Prescribe a follow-up appointment
 - D. Provide pain relief measures

- 6. What maneuver is typically employed to resolve fetal shoulder dystocia?**
- A. Hands and knees position
 - B. Suprapubic pressure
 - C. Tailbone pressure
 - D. Episiotomy
- 7. What is an important follow-up action after assessing a postpartum client for significant edema?**
- A. Encouraging fluid intake
 - B. Documenting findings only
 - C. Assessing the client's dietary habits
 - D. Monitoring renal function tests
- 8. What is an important aspect of maternal education regarding fetal movement monitoring?**
- A. Women should count fetal movements and report any significant changes
 - B. Fetal movements should not be tracked during pregnancy
 - C. Only count movements after 20 weeks gestation
 - D. Fetal movements indicate the baby's gender
- 9. What medication should a nurse expect the provider to prescribe for a client experiencing postpartum hemorrhage?**
- A. Oxytocin
 - B. Prostaglandins
 - C. Methylergonovine
 - D. Misoprostol
- 10. What cardiovascular adaptation is expected during pregnancy?**
- A. Decreased blood volume
 - B. Decreased heart rate
 - C. Increased cardiac output and heart rate
 - D. Increased blood pressure

Answers

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

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Explanations

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1. Which exercise is often recommended for pregnant women to promote pelvic floor strength?

- A. Squats
- B. Kegel exercises**
- C. Running
- D. Yoga stretches

Kegel exercises are specifically designed to strengthen the pelvic floor muscles, which support the uterus, bladder, small intestine, and rectum. Strengthening these muscles can help with various aspects of pregnancy, childbirth, and recovery postpartum. By performing Kegel exercises, pregnant women can better prepare their bodies for labor and delivery, as well as reduce the risk of complications such as incontinence after giving birth. Regular practice of these exercises can lead to improved control over these muscles, providing benefits during and after pregnancy. While other exercises like squats, running, and yoga stretches offer various benefits for overall fitness and health during pregnancy, they do not specifically target the pelvic floor muscles in the same focused manner as Kegel exercises. Therefore, Kegel exercises are the most effective choice for promoting pelvic floor strength in pregnant women.

2. What is the recommended frequency of prenatal visits during the second trimester?

- A. Every 2 weeks
- B. Weekly
- C. Every 4 weeks**
- D. Monthly

During the second trimester of pregnancy, the recommended frequency of prenatal visits is every 4 weeks. This timeframe is established to ensure that both the mother and the developing fetus are monitored adequately while allowing for sufficient time between visits to assess progress. As the pregnancy progresses, particularly in the second trimester, many changes occur as the fetus grows and develops. Regular check-ups are important for monitoring the mother's health status, measuring fetal growth, and screening for potential complications. Visits every 4 weeks strike a balance between staying informed and avoiding over-scheduling, considering that most routine tests and evaluations can be efficiently conducted during these intervals. This frequency contrasts with other stages of pregnancy, where visits might be more frequent. In the first trimester, visits are typically every 4 weeks or more frequently due to the early monitoring of the pregnancy and any potential complications. In the third trimester, visits may increase to every 2 weeks or weekly as the delivery date approaches, allowing for closer monitoring of the mother and fetus as they head towards labor.

3. At what gestational age is chorionic villus sampling (CVS) typically performed?

- A. Between 8 and 10 weeks
- B. Between 10 and 13 weeks**
- C. Between 12 and 15 weeks
- D. Between 15 and 20 weeks

Chorionic villus sampling (CVS) is typically performed between 10 and 13 weeks of gestation. This procedure is utilized for prenatal diagnosis and allows for the early detection of certain genetic conditions by obtaining a sample of placental tissue. The timing is crucial because it must be early enough to allow for any necessary decision-making about the pregnancy if genetic abnormalities are detected, yet late enough to be safely performed with an acceptable risk to both the fetus and mother. The gestational age window of 10 to 13 weeks is optimal because it coincides with the period when the chorionic villi are accessible and can provide reliable results without being too early, which could lead to complications or inaccurate results. The earlier weeks are not generally used for CVS, as they may not provide sufficient tissue for analysis, and performing the procedure too late may not allow for timely intervention or options for the parents.

4. Which of the following assessments indicates a potential complication in a postpartum client?

- A. Increased appetite
- B. Sharp abdominal pain**
- C. Stable blood pressure
- D. Improved mood

In the context of postpartum assessments, sharp abdominal pain can indicate a potential complication. After childbirth, it is expected for the uterus to contract and for women to experience some discomfort as part of the healing process. However, sharp or severe abdominal pain might suggest complications such as uterine atony (failure of the uterus to contract properly), retained placental fragments, or even infection. These conditions require prompt assessment and intervention, as they can lead to significant health issues if not addressed. In contrast, an increased appetite is often a normal response as the body begins to recover from childbirth and can signify that the nursing mother is nourishing herself adequately. Stable blood pressure indicates that a patient is likely not experiencing severe blood loss or cardiovascular issues, while an improved mood is generally a positive sign, reflecting emotional adjustment after delivery. Each of these other options indicates a normal or healthy response, making sharp abdominal pain a notable exception that warrants further investigation.

5. When caring for an adolescent patient, what should the nurse do after administering ceftriaxone?

- A. Document the medication administration
- B. Reinforce education about safe sex practices**
- C. Prescribe a follow-up appointment
- D. Provide pain relief measures

When caring for an adolescent patient after administering ceftriaxone, reinforcing education about safe sex practices is particularly crucial. This antibiotic is often used to treat sexually transmitted infections (STIs), which are prevalent among adolescents. By discussing safe sex practices, the nurse addresses potential future health issues and promotes a holistic approach to the adolescent's health. This education can empower the patient to make informed decisions regarding their sexual health, which is essential during this developmental stage. While documentation of medication administration is an important aspect of nursing care, it is typically performed immediately after the administration and doesn't directly relate to the specific context of caring for an adolescent post-treatment. Similarly, while prescribing a follow-up appointment can be important for ongoing care, it does not provide immediate support or education directly related to the reason for administering ceftriaxone. Providing pain relief measures may be necessary based on the patient's condition, but again, reinforcing safe sex practices is particularly relevant in the context of administering this specific medication.

6. What maneuver is typically employed to resolve fetal shoulder dystocia?

- A. Hands and knees position
- B. Suprapubic pressure**
- C. Tailbone pressure
- D. Episiotomy

Suprapubic pressure is commonly used to resolve shoulder dystocia during childbirth. This maneuver involves applying pressure just above the pubic bone in an attempt to dislodge the anterior shoulder of the fetus from behind the mother's pelvic bone. By pushing downward and possibly a little laterally, the healthcare provider can help facilitate the fetal body's movement, allowing the shoulder to slip free and assist in delivering the baby. This technique is effective because it targets the specific issue of shoulder dystocia, where the shoulder becomes impacted. It's also a relatively non-invasive method that can be quickly implemented in an emergency situation. The benefits of using suprapubic pressure include minimizing stress on both the mother and the baby compared to more invasive techniques. While other options may have their applications in obstetric care, they are not standard maneuvers specifically indicated for shoulder dystocia. For example, the hands and knees position can aid in changing the pelvic dynamics but is not the first line approach for addressing shoulder dystocia. Tailbone pressure and episiotomy are not typically effective in relieving shoulder dystocia and may pose additional risks to both the mother and the infant. Therefore, suprapubic pressure stands out as the appropriate choice for this situation.

7. What is an important follow-up action after assessing a postpartum client for significant edema?

- A. Encouraging fluid intake
- B. Documenting findings only
- C. Assessing the client's dietary habits

D. Monitoring renal function tests

Monitoring renal function tests is an important follow-up action after assessing a postpartum client for significant edema because edema can indicate a potential underlying issue with fluid balance or renal function. In the postpartum period, especially if the edema is severe, there may be concerns about conditions such as preeclampsia or other complications affecting the kidneys. Monitoring renal function tests helps assess the kidneys' ability to excrete waste and maintain fluid and electrolyte balance, which is crucial for recovery after childbirth. Furthermore, checking renal function is essential in determining if the edema is due to normal physiological changes after pregnancy or if it signals a more serious condition requiring medical intervention. This monitoring can guide further management and ensure the client receives appropriate care, especially if there are signs of acute kidney injury or fluid overload.

8. What is an important aspect of maternal education regarding fetal movement monitoring?

A. Women should count fetal movements and report any significant changes

- B. Fetal movements should not be tracked during pregnancy
- C. Only count movements after 20 weeks gestation
- D. Fetal movements indicate the baby's gender

Counting fetal movements and reporting any significant changes is a crucial aspect of maternal education because it helps to monitor the health and well-being of the fetus. Fetal movements, often referred to as "kick counts," provide essential feedback regarding the baby's activity levels and can be an early indicator of potential complications. Educating women about how to properly monitor these movements enables them to recognize what is normal for their baby. A decrease or sudden change in fetal movement may indicate distress or other issues, prompting the mother to seek medical attention. This simple practice empowers expectant mothers to actively participate in their pregnancy care and enhances communication with healthcare providers regarding any concerns they might have about their baby's condition. Other options do not promote the same level of awareness and engagement in maternal-fetal health. For instance, the suggestion that fetal movements should not be tracked during pregnancy overlooks the importance of monitoring, while limiting counting movements to after 20 weeks gestation ignores the value of early detection of fetal health issues which can start before this gestational age. Additionally, the claim that fetal movements indicate the baby's gender is misleading, as movements are not associated with determining gender but instead reflect the baby's activity level and overall well-being.

9. What medication should a nurse expect the provider to prescribe for a client experiencing postpartum hemorrhage?

- A. Oxytocin
- B. Prostaglandins
- C. Methylergonovine**
- D. Misoprostol

In cases of postpartum hemorrhage, the primary goal is to control uterine atony, which is the leading cause of this condition. Methylergonovine, a medication from the ergot alkaloid class, is particularly effective in stimulating uterine contractions. By promoting these contractions, it aids in reducing uterine bleeding effectively. While other medications are used in managing postpartum hemorrhage, methylergonovine is often indicated when oxytocin is ineffective or when additional stimulation of the uterus is required. It is important to note that methylergonovine should not be used in hypertensive patients due to the risk of increasing blood pressure. Other medications can also be prescribed, such as oxytocin and prostaglandins, each having its own specific indications and mechanisms of action, but methylergonovine is a powerful option for managing significant bleeding caused by uterine atony. Understanding these mechanisms allows nurses and healthcare providers to recognize when to utilize methylergonovine in practice and appreciate the pharmacology behind postpartum hemorrhage treatment strategies.

10. What cardiovascular adaptation is expected during pregnancy?

- A. Decreased blood volume
- B. Decreased heart rate
- C. Increased cardiac output and heart rate**
- D. Increased blood pressure

During pregnancy, significant physiological changes occur to support the developing fetus. One of the most notable adaptations is the increase in cardiac output and heart rate. This increase is necessary to accommodate the higher metabolic demands of both the mother and the fetus. As the pregnancy progresses, blood volume increases to support placental circulation and ensure adequate oxygenation and nutrient delivery to the fetus. To sustain this increased blood volume, the heart must pump more blood with each contraction, resulting in elevated cardiac output. Additionally, heart rate often increases to help manage the volume load and maintain effective circulation. These cardiovascular changes are crucial for a healthy pregnancy, as they enhance the body's ability to transport blood and, by extension, oxygen and essential nutrients to both mother and baby. Thus, recognizing the importance of increased cardiac output and heart rate during pregnancy underscores the adaptive mechanisms that prepare a woman's body for the demands of gestation.

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:

<https://atimaternity.examzify.com>

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

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