

# CJE Maternity 2 Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

**No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.**

**Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.**

**SAMPLE**

# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</b>

SAMPLE

# 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

SAMPLE

- 1. Which condition would likely lead to postponing a contraction stress test?**
  - A. Normal fetal heartbeat**
  - B. Gestational diabetes**
  - C. Cephalopelvic disproportion**
  - D. Positive ultrasound results**
  
- 2. What nutritional benefit does colostrum provide to newborns?**
  - A. High levels of carbohydrates**
  - B. High levels of protein, fat-soluble vitamins, and immunoglobulins**
  - C. High levels of fiber**
  - D. Low levels of minerals**
  
- 3. True or false, babies with transient tachypnea will often need nutritional support until they can feed by mouth?**
  - A. True**
  - B. False**
  - C. Only in severe cases**
  - D. It is not necessary**
  
- 4. What occurs during the first two hours after childbirth?**
  - A. Active phase of labor**
  - B. Recovery phase**
  - C. Delivery of the placenta**
  - D. Transition phase**
  
- 5. Does Rhogam need to be given postpartum if the baby is Rh positive?**
  - A. True**
  - B. False**
  - C. Only if the baby has complications**
  - D. Only to Rh negative mothers**

- 6. What health complication can result from untreated gestational diabetes?**
- A. Dehydration**
  - B. High iron levels**
  - C. Cardiovascular disease**
  - D. Birth trauma**
- 7. Which symptom is commonly associated with menopause in relation to sleep patterns?**
- A. Difficulty sleeping**
  - B. Increased energy levels**
  - C. Decreased need for sleep**
  - D. Sleep apnea**
- 8. Goodell's sign is characterized by which of the following?**
- A. Increased areola pigmentation**
  - B. Softening of the cervical tip**
  - C. Mechanism of fetal engagement**
  - D. Visible fetal outline**
- 9. What are the three phases in stage one of labor?**
- A. Early, middle, and late**
  - B. Latent, active, and transition**
  - C. Initial, progressive, and final**
  - D. First, second, and third**
- 10. Which of the following conditions can result from menopause?**
- A. Increased libido**
  - B. Urinary incontinence**
  - C. Breast engorgement**
  - D. Improved concentration**

## **Answers**

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

**1. Which condition would likely lead to postponing a contraction stress test?**

- A. Normal fetal heartbeat**
- B. Gestational diabetes**
- C. Cephalopelvic disproportion**
- D. Positive ultrasound results**

In determining whether to postpone a contraction stress test, one critical condition to consider is cephalopelvic disproportion. This condition occurs when the fetal head is too large in relation to the pelvic opening, which can complicate labor and delivery. Performing a contraction stress test in the presence of cephalopelvic disproportion may introduce unnecessary risks, including fetal distress or complications during the testing process. Thus, medical professionals would likely choose to delay the test until a more suitable assessment of the mother's and baby's readiness for labor can occur. It's important to ensure that both the mother and fetus are in optimal condition for the test, and cephalopelvic disproportion presents specific concerns that warrant caution. Conversely, other conditions such as a normal fetal heartbeat, gestational diabetes, or positive ultrasound results typically do not pose a direct contraindication to performing a contraction stress test. While they may require consideration during the overall evaluation of maternal and fetal health, they do not inherently lead to the postponement of the contraction stress test itself.

**2. What nutritional benefit does colostrum provide to newborns?**

- A. High levels of carbohydrates**
- B. High levels of protein, fat-soluble vitamins, and immunoglobulins**
- C. High levels of fiber**
- D. Low levels of minerals**

Colostrum, the first milk produced by mammals immediately following delivery, is renowned for its exceptional nutritional profile, particularly beneficial for newborns. It is characterized by its high levels of protein, which is crucial for a newborn's growth and development. This protein content includes essential immunoglobulins, particularly IgA, which plays a vital role in immune protection. Immunoglobulins help to establish the newborn's immune system, providing passive immunity by helping to protect against infections during the early days of life when the infant's own immune system is still developing. Furthermore, colostrum is rich in fat-soluble vitamins, such as vitamins A, D, E, and K. These vitamins are essential for a range of bodily functions, including vision, bone health, and blood clotting. The high concentration of nutrients in colostrum supports not only immediate nutritional needs but also contributes to the long-term health of the newborn. While carbohydrates, fiber, and minerals are also important in a newborn's diet, colostrum is particularly noted for its elevated levels of protein and immunoglobulins, making it distinctively valuable in the early stages of life. This unique composition underscores the importance of colostrum in providing newborns with the necessary nutrients and

**3. True or false, babies with transient tachypnea will often need nutritional support until they can feed by mouth?**

- A. True**
- B. False**
- C. Only in severe cases**
- D. It is not necessary**

Transient tachypnea of the newborn (TTN) is a condition that typically arises in the first few hours of life. It is characterized by rapid breathing due to residual fluid in the lungs after birth. While TTN is generally a self-limiting condition, it can affect the newborn's ability to feed effectively, as the infant may tire easily or be unable to coordinate suckling due to respiratory distress. In many cases, infants with TTN may require nutritional support, such as intravenous (IV) fluids or feeding through a nasogastric (NG) tube, until they are stable enough to initiate feeding by mouth. This support ensures that the baby receives adequate nutrition and hydration, which is crucial for recovery and growth. Once the respiratory distress resolves and the infant can breathe comfortably, they are typically able to transition to regular oral feedings. This understanding supports the notion that nutritional support is often necessary for babies with transient tachypnea until they can manage oral feeding effectively.

**4. What occurs during the first two hours after childbirth?**

- A. Active phase of labor**
- B. Recovery phase**
- C. Delivery of the placenta**
- D. Transition phase**

During the first two hours after childbirth, the recovery phase is critical for both the mother and the newborn. This period is characterized by important physiological changes as the mother's body begins to stabilize after the intense experience of labor and delivery. It is a time when the mother is monitored for vital signs, and the process of uterine involution begins as the uterus contracts to its pre-pregnancy size. In this phase, the mother may experience afterpains due to these contractions, and it is also the prime time for establishing early bonding with the infant, including skin-to-skin contact and the initiation of breastfeeding. These initial moments are crucial for the baby's transition to the outside world and for the mother to receive support from healthcare providers as she begins to recover and adapt to her new role. Other phases like the active phase of labor, delivery of the placenta, and transition phase refer to different stages of the childbirth process. The active phase of labor occurs before the delivery, while delivery of the placenta happens shortly after childbirth but is not the overall focus during the recovery period. The transition phase refers to the period just before the woman begins to push, which occurs even earlier in the labor process. Therefore, the recovery phase is the correct context during the first

**5. Does Rhogam need to be given postpartum if the baby is Rh positive?**

- A. True**
- B. False**
- C. Only if the baby has complications**
- D. Only to Rh negative mothers**

The administration of Rh immunoglobulin, commonly known as Rhogam, is an important procedure for managing Rh incompatibility issues. If an Rh-negative mother gives birth to an Rh-positive infant, there is a risk that the mother's immune system may be sensitized to the Rh factor. This sensitization can lead to the production of antibodies that can affect future pregnancies, potentially leading to hemolytic disease of the newborn in subsequent Rh-positive babies. Rhogam is given postpartum to prevent this sensitization. If the baby is Rh positive, it implies that the mother may be at risk of developing antibodies against the Rh factor. Therefore, Rhogam is administered to ensure that the mother's immune system does not respond to the Rh-positive blood cells that may enter her circulation during childbirth. This preventive measure is crucial as it protects both the mother and any future pregnancies. It is important to note that Rhogam is typically used for Rh-negative mothers; however, the context of the question emphasizes the situation following the delivery of an Rh-positive infant, necessitating the use of Rhogam postpartum to prevent any complications related to Rh sensitization.

**6. What health complication can result from untreated gestational diabetes?**

- A. Dehydration**
- B. High iron levels**
- C. Cardiovascular disease**
- D. Birth trauma**

Untreated gestational diabetes can lead to a range of complications, one of which is birth trauma. This outcome often stems from factors such as excessive fetal growth (macrosomia) due to high maternal blood glucose levels. When the fetus grows larger than usual, it increases the likelihood of complications during delivery, such as shoulder dystocia, where the baby's shoulder becomes stuck during birth. This can result in physical injuries to both the baby and the mother. The condition can also lead to other long-term issues for the baby, such as an increased risk of obesity and type 2 diabetes later in life. However, in terms of immediate risks during delivery, birth trauma is a significant concern for infants born to mothers with untreated gestational diabetes. Considering the other options, while dehydration could potentially occur in cases of severe hyperglycemia, it is not a direct or common complication associated with untreated gestational diabetes. High iron levels are typically not a direct consequence of gestational diabetes, as iron metabolism is not directly impacted by glucose levels. Cardiovascular disease can be a concern for mothers with a history of gestational diabetes in the long term but is not an immediate complication of untreated gestational diabetes. Thus, birth trauma represents the most direct health complication related to

**7. Which symptom is commonly associated with menopause in relation to sleep patterns?**

- A. Difficulty sleeping**
- B. Increased energy levels**
- C. Decreased need for sleep**
- D. Sleep apnea**

Difficulty sleeping is a common symptom associated with menopause, largely due to hormonal changes that can affect a woman's overall sleep patterns. During menopause, fluctuations in estrogen and progesterone can lead to insomnia, night sweats, and other disruptions that interfere with the ability to fall asleep or stay asleep through the night. Many women report that these sleep disturbances can be significant enough to impact their daytime function and overall quality of life. In contrast, the other options do not accurately capture the sleep-related experiences that women typically face during menopause. Increased energy levels and decreased need for sleep are generally not associated with this transition; rather, many women report feeling fatigued due to disrupted sleep. Sleep apnea can occur during menopause but is not universally experienced among all women going through this life stage and may not be as direct a symptom as difficulty sleeping.

**8. Goodell's sign is characterized by which of the following?**

- A. Increased areola pigmentation**
- B. Softening of the cervical tip**
- C. Mechanism of fetal engagement**
- D. Visible fetal outline**

Goodell's sign is recognized as a clinical indication of early pregnancy and is specifically characterized by the softening of the cervical tip. This sign is an important physiological change that occurs due to increased vascularity and hormonal changes, particularly from estrogen. It typically becomes noticeable around the sixth to eighth week of pregnancy and reflects the body's adaptations to support a growing fetus. The other options represent different signs and physiological changes that can occur during pregnancy but are not related to Goodell's sign. Increased areola pigmentation is a result of hormonal changes associated with pregnancy but does not refer to the cervix. The mechanism of fetal engagement pertains to the positioning of the fetus in preparation for labor, while visible fetal outline generally refers to later stages of pregnancy when the fetus can be felt or seen, neither of which relate directly to cervical changes.

## 9. What are the three phases in stage one of labor?

- A. Early, middle, and late
- B. Latent, active, and transition**
- C. Initial, progressive, and final
- D. First, second, and third

In stage one of labor, the correct classification divides it into three phases: latent, active, and transition. The latent phase is the initial stage, where the cervix begins to efface and dilate. Contractions are often mild and irregular during this phase, allowing the laboring person to remain relatively comfortable and engaged in routine activities. The active phase follows, where the contractions become more intense, closer together, and usually more regular. During this time, the cervix dilates from about 6 cm to 10 cm, marking significant progress in labor. The transition phase is the final part of stage one, characterized by the most intense contractions and rapid dilation to full enlargement. This phase is often the shortest but can be the most challenging, as the body prepares for the pushing stage of labor. Recognizing these three phases is crucial for healthcare professionals to provide appropriate support and manage pain effectively during labor. Understanding the distinctions between these phases allows caregivers to monitor the progress of labor and anticipate the needs of the laboring person.

## 10. Which of the following conditions can result from menopause?

- A. Increased libido
- B. Urinary incontinence**
- C. Breast engorgement
- D. Improved concentration

Menopause is a significant transition in a woman's life characterized by a decrease in hormone production, particularly estrogen. This hormonal shift can lead to various physiological changes, one of which includes urinary incontinence. As estrogen levels decline, the tissues of the bladder and urethra may lose elasticity, which can contribute to decreased control over urination. Additionally, changes in muscle tone and support structures in the pelvic region can further exacerbate this condition, making urinary incontinence a common issue for many women during and after menopause. In contrast, increased libido is typically associated with the effects of estrogen and testosterone, which can decline during menopause, often leading to reduced sexual desire. Breast engorgement is primarily related to breastfeeding and is not a condition associated with menopause since breast fullness related to lactation does not occur when ovaries cease producing eggs. Lastly, improved concentration may be seen in some experiences post-menopause due to reduced symptoms of anxiety or mood swings related to fluctuating hormone levels; however, many women report memory lapses or difficulties during this transitional phase. Thus, the best representation of a condition that can arise from menopause is urinary incontinence, due to the physiological changes resulting from hormonal shifts.

## 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](mailto:hello@examzify.com).**

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

**<https://cjematernity2.examzify.com>**

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

SAMPLE