

DAVIS ADVANTAGE FOR MATERNAL- NEWBORN PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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. For which complication should a pregnant woman with severe fatigue and insomnia remain vigilant?**
 - A. Gestational hypertension
 - B. Preterm birth
 - C. Excessive weight gain
 - D. Nutritional deficiencies

- 2. What factors likely cause nausea and vomiting in a woman at 9 weeks gestation?**
 - A. Increased levels of estrogen
 - B. Increased levels of progesterone
 - C. An altered carbohydrate metabolism
 - D. Increased levels of human chorionic gonadotropin

- 3. The color of a person's hair is an example of which of the following?**
 - A. Genome
 - B. Sex-link inheritance
 - C. Genotype
 - D. Phenotype

- 4. What raw food is highest in vitamin C and would meet daily needs for a pregnant woman?**
 - A. Strawberries
 - B. Asparagus
 - C. Iceberg lettuce
 - D. Cucumber

- 5. An L/S ratio of 2:1 from an amniocentesis suggests what regarding fetal lung maturity?**
 - A. The baby's lung fields are immature.
 - B. The baby's lung fields are mature.
 - C. The mother is at risk for hemorrhage.
 - D. The baby's kidneys are functioning poorly.

- 6. What is an appropriate nursing action for a patient with a history of spina bifida in previous pregnancies?**
- A. Encouraging increased physical activity
 - B. Recommending folic acid supplementation
 - C. Suggesting continued weight gain
 - D. Ordering additional ultrasounds
- 7. A first-time father experiencing couvade syndrome is likely to exhibit which symptom or behavior?**
- A. Urinary frequency
 - B. Hypotension
 - C. Bradycardia
 - D. Prostatic hypertrophy
- 8. What is a key factor that may affect maternal attachment in a pregnant woman?**
- A. Age
 - B. Health condition
 - C. Educational background
 - D. All of the above
- 9. When interpreting emotional responses in couples facing infertility, which of the following might be expected?**
- A. Confidence in medical treatments
 - B. Guilt on the part of one partner
 - C. Hopeful anticipation of pregnancy
 - D. Contentment with current situation
- 10. What is the name of the endometrial cycle phase occurring from ovulation to just before menses?**
- A. Menstrual phase
 - B. Proliferative phase
 - C. Secretory phase
 - D. Ischemic phase

Answers

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

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Explanations

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1. For which complication should a pregnant woman with severe fatigue and insomnia remain vigilant?

- A. Gestational hypertension
- B. Preterm birth**
- C. Excessive weight gain
- D. Nutritional deficiencies

Severe fatigue and insomnia during pregnancy can be concerning, and it's crucial to remain vigilant for complications that could arise as a result. In this context, preterm birth is a significant concern associated with these symptoms. Experiencing severe fatigue may indicate that the body is struggling to meet the increased demands of pregnancy, which can impact overall health and potentially the health of the fetus. Insomnia, on the other hand, can lead to increased stress and decreased ability to cope with pregnancy-related challenges. This combination of factors may contribute to a greater risk of preterm labor or delivery, as the mother's physical and mental well-being is essential for maintaining a healthy pregnancy duration. Awareness of the risk is crucial, as identifying and managing fatigue and sleep disturbances can help mitigate some complications, including the potential for preterm birth. By addressing these symptoms, healthcare providers can implement changes or interventions that may support the mother's health and reduce the risk of early labor.

2. What factors likely cause nausea and vomiting in a woman at 9 weeks gestation?

- A. Increased levels of estrogen
- B. Increased levels of progesterone
- C. An altered carbohydrate metabolism**
- D. Increased levels of human chorionic gonadotropin

Nausea and vomiting during early pregnancy, often referred to as "morning sickness," can indeed be influenced by various hormonal changes and metabolic factors. While altered carbohydrate metabolism can contribute to these symptoms, recent research heavily points to hormonal fluctuations as primary contributors to the feelings of nausea and vomiting. At 9 weeks gestation, the levels of hormones such as estrogen and human chorionic gonadotropin (hCG) are significantly elevated. hCG, in particular, is produced shortly after conception and peaks during the first trimester. Many studies indicate a correlation between high levels of hCG and the onset of nausea and vomiting in pregnant women. The rise in this hormone seems to stimulate the activity of the gastrointestinal tract, which may lead to these unpleasant symptoms. Increased levels of estrogen do play a role in the overall changes in the body during pregnancy, but the specific mechanisms linking this hormone to nausea are not as direct or well-established as those associated with hCG. Consequently, identifying altered carbohydrate metabolism alone as the primary cause of nausea overlooks the significant impact that rising hormone levels have on a pregnant woman's physiology. While each of the factors mentioned may contribute to the overall experience of pregnancy, the elevation in hCG has the most considerable evidence pointing towards its direct

3. The color of a person's hair is an example of which of the following?

- A. Genome
- B. Sex-link inheritance
- C. Genotype
- D. Phenotype**

The color of a person's hair is classified as a phenotype. Phenotype refers to the observable characteristics or traits of an individual, which result from the interaction of their genotype (the genetic makeup) with the environment. Hair color, being a visible trait, exemplifies how genetic factors and possibly environmental influences contribute to an individual's appearance. In contrast, the genome encompasses the complete set of genetic material present in an organism, including all of its genes, rather than specific observable traits. Sex-link inheritance pertains to traits that are linked to sex chromosomes and typically affects how certain traits are passed down and expressed between genders, which does not apply directly to the general trait of hair color. Genotype refers to the specific alleles or genetic makeup associated with a trait, but it does not represent the observable characteristics themselves. Thus, hair color being an observable trait makes it a clear example of a phenotype.

4. What raw food is highest in vitamin C and would meet daily needs for a pregnant woman?

- A. Strawberries**
- B. Asparagus
- C. Iceberg lettuce
- D. Cucumber

Strawberries are indeed one of the best sources of vitamin C among the options provided, making them an excellent choice for meeting the daily vitamin C needs of a pregnant woman. Vitamin C is essential during pregnancy as it supports the mother's health and the development of the fetus. It plays a crucial role in collagen synthesis, boosts the immune system, and enhances the absorption of iron from plant-based sources, which is particularly important during pregnancy to prevent anemia. Each serving of strawberries provides a significant amount of vitamin C, easily surpassing the daily requirements recommended for pregnant women, which is about 85 mg. In contrast, while asparagus, iceberg lettuce, and cucumber may contain some vitamin C, they do not come close to the levels found in strawberries. Therefore, choosing strawberries not only meets but exceeds the vitamin C needs during pregnancy, contributing to the overall well-being of both mother and baby.

5. An L/S ratio of 2:1 from an amniocentesis suggests what regarding fetal lung maturity?

- A. The baby's lung fields are immature.
- B. The baby's lung fields are mature.**
- C. The mother is at risk for hemorrhage.
- D. The baby's kidneys are functioning poorly.

An L/S ratio, or lecithin-to-sphingomyelin ratio, derived from amniotic fluid during amniocentesis serves as a key indicator of fetal lung maturity. A ratio of 2:1 indicates that the production of lecithin, which is a component of surfactant essential for keeping the alveoli in the lungs open, is adequate compared to sphingomyelin. This is crucial because adequate levels of surfactant reduce the risk of respiratory distress syndrome (RDS) in the newborn. In developing fetuses, surfactant begins to be produced around the 24th week of gestation, with increasing amounts closer to term. A 2:1 ratio typically suggests that the fetus is likely to be mature enough to have significantly developed lung function, indicating a lower risk for complications associated with respiratory distress. Other options may refer to potential complications or conditions unrelated to lung maturity. Thus, the significance of an L/S ratio of 2:1 points directly to the maturity of the baby's lung fields at the time of testing, supporting the conclusion that the baby's lungs are mature.

6. What is an appropriate nursing action for a patient with a history of spina bifida in previous pregnancies?

- A. Encouraging increased physical activity
- B. Recommending folic acid supplementation**
- C. Suggesting continued weight gain
- D. Ordering additional ultrasounds

Recommending folic acid supplementation is a crucial nursing action for a patient with a history of spina bifida in previous pregnancies due to the established role of folic acid in reducing the risk of neural tube defects. Spina bifida is one of the most common neural tube defects, and research has shown that adequate levels of folic acid before conception and during early pregnancy can significantly lower the incidence of such defects. For women with a history of spina bifida, it's particularly important to emphasize folic acid intake, as they are at higher risk for having children with similar conditions. Healthcare providers typically recommend a daily supplement of folic acid (often at higher doses) for women planning to become pregnant, especially those with a personal or family history of spine or neural tube defects. This preventive measure is part of comprehensive preconception care aimed at improving maternal and neonatal outcomes. In contrast, while encouraging physical activity and suggesting weight gain may be relevant considerations at different times during pregnancy, they do not specifically address the risk associated with spina bifida. Additional ultrasounds may also be helpful in monitoring fetal development but are not a primary preventive strategy like folic acid supplementation.

7. A first-time father experiencing couvade syndrome is likely to exhibit which symptom or behavior?

- A. Urinary frequency**
- B. Hypotension
- C. Bradycardia
- D. Prostatic hypertrophy

Couvade syndrome is a phenomenon where a partner, often the father, experiences physical symptoms or behavioral changes that mimic those of the pregnant partner. This can include a variety of sympathetic symptoms that align with the physical and emotional changes the pregnant individual is experiencing. In the case of urinary frequency, it is common for men experiencing couvade syndrome to report increased frequency of urination, paralleling the pregnant partner's need to urinate more often due to hormonal changes and increased pressure on the bladder. This symptom can manifest due to both psychological and physical factors, as the father may subconsciously identify with his partner's experience. The other symptoms listed, such as hypotension, bradycardia, and prostatic hypertrophy, are less directly associated with couvade syndrome as they do not typically mimic the symptoms experienced during pregnancy or do not reflect common psychosomatic responses seen in expectant fathers. Therefore, urinary frequency stands out as the symptom most directly connected to couvade syndrome in first-time fathers.

8. What is a key factor that may affect maternal attachment in a pregnant woman?

- A. Age
- B. Health condition
- C. Educational background
- D. All of the above**

A key factor that may affect maternal attachment in a pregnant woman is multifaceted, which is why the correct answer includes all the provided options. Maternal attachment is influenced by several interconnected aspects of a woman's life, including her age, health condition, and educational background. Age can play a significant role in how a woman connects with her pregnancy. Younger mothers may experience different feelings and coping strategies compared to older mothers, as age can affect maturity, life experience, and readiness for parenthood. Health condition is also crucial, as both physical and mental health can impact a woman's emotional state during pregnancy. Conditions such as depression, anxiety, or pregnancy-related complications can hinder the bonding process, complicating the mother's emotional response to her pregnancy and her unborn child. Educational background can influence a woman's understanding of pregnancy and parenting. Higher levels of education may correlate with increased preparedness and confidence in maternal roles, which can foster a stronger emotional connection to the child. By acknowledging that all these factors interplay to shape maternal attachment, it becomes clear why selecting the comprehensive option that includes all three aspects provides a more accurate understanding of the dynamics involved in maternal bonding.

9. When interpreting emotional responses in couples facing infertility, which of the following might be expected?

- A. Confidence in medical treatments
- B. Guilt on the part of one partner**
- C. Hopeful anticipation of pregnancy
- D. Contentment with current situation

In the context of infertility, it is common for one partner to experience feelings of guilt. This emotional response can arise from various factors, such as the belief that they may be a contributing factor to the infertility, or feelings of inadequacy in fulfilling societal or personal expectations of parenthood. Guilt can manifest in many ways, including self-blame or a sense of failure to provide a family, which can weigh heavily on emotional well-being. Recognizing guilt as a common emotional response in such situations is important for couples navigating infertility, as acknowledging these feelings can lead to more open communication and emotional support between partners. This recognition can also help healthcare providers offer appropriate counseling and resources to assist couples in managing their emotional challenges during a difficult time.

10. What is the name of the endometrial cycle phase occurring from ovulation to just before menses?

- A. Menstrual phase
- B. Proliferative phase
- C. Secretory phase**
- D. Ischemic phase

The endometrial cycle phase that occurs from ovulation to just before menses is known as the secretory phase. During this phase, which typically lasts about 14 days, the endometrium undergoes significant changes in preparation for a potential pregnancy. After ovulation, the ruptured follicle transforms into the corpus luteum, which secretes hormones such as progesterone. This hormone plays a critical role in thickening the endometrial lining, making it more suitable for implantation of a fertilized egg. If pregnancy does not occur, the corpus luteum eventually degenerates, leading to a decrease in hormone levels, which triggers the subsequent shedding of the endometrial lining during the menstrual phase. The secretory phase is characterized by glandular development and an increase in blood supply, creating an environment rich in nutrients to support early embryonic development, should fertilization take place. Understanding this phase is crucial for recognizing normal menstrual cycle physiology and identifying potential issues related to infertility or menstrual irregularities.

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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