

EVOLVE ANTEPARTUM PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. During the first trimester, which sign should the nurse expect to see as documented by the healthcare provider?**
 - A. Fetal heartbeat detection
 - B. Hegar's sign
 - C. Quickening
 - D. Fetal movement felt by the mother
- 2. During a woman's 20-week prenatal visit, the nurse locates the fundus at the level of the umbilicus. What is the nurse's next intervention?**
 - A. Notify the physician immediately
 - B. Measure the fetal heart rate
 - C. Document findings in the electronic health record
 - D. Continue with the physical examination
- 3. Which statement by a pregnant client suggests a need for further instruction on preventing varicose veins?**
 - A. "I should elevate my legs when resting."
 - B. "I should wear knee-high hose, but I should not leave them on longer than 8 hours."
 - C. "I should avoid standing for long periods."
 - D. "I should exercise regularly and maintain a healthy weight."
- 4. In the context of pregnancy, what fontanel closure is typically expected to occur in the second trimester?**
 - A. Anterior fontanel closes by 6 months.
 - B. Posterior fontanel closes at birth.
 - C. Anterior fontanel closes at 2 years.
 - D. Posterior fontanel closes between 6-8 weeks.
- 5. Using Nägele's rule, what would be the estimated due date for a client whose last menstrual period began on February 9?**
 - A. 1109
 - B. 1116
 - C. 1202
 - D. 1216

- 6. How does a nurse confirm successful lactogenesis after childbirth?**
- A. By observing the newborn's weight gain
 - B. By monitoring maternal diet
 - C. By recognizing the presence of colostrum
 - D. By checking maternal anxiety levels
- 7. A woman in her first trimester is receiving education on managing nausea and vomiting. Which statement suggests she needs further teaching?**
- A. "I will eat dry crackers for breakfast after I get up."
 - B. "I will drink ginger tea throughout the day."
 - C. "I plan to avoid strong odors in the kitchen."
 - D. "I can snack on pretzels to help with nausea."
- 8. What is a common characteristic of Braxton Hicks contractions?**
- A. They are painful and frequent.
 - B. They usually occur late in pregnancy.
 - C. They serve as practice for the body.
 - D. They indicate premature labor.
- 9. What should prenatal educators emphasize about the changes in skin appearance during pregnancy?**
- A. Most women do not experience any changes in skin.
 - B. Changes often occur due to hormonal shifts.
 - C. All skin changes are permanent after pregnancy.
 - D. Darkening of skin is only noticeable in first-time mothers.
- 10. Which of the following statements regarding pregnancy exercise is FALSE?**
- A. Swimming helps maintain cardiovascular fitness.
 - B. Walking is a low-impact exercise suitable for pregnancy.
 - C. High-impact aerobics is encouraged for pregnant women.
 - D. Yoga can help improve flexibility in pregnancy.

Answers

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

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Explanations

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1. During the first trimester, which sign should the nurse expect to see as documented by the healthcare provider?

- A. Fetal heartbeat detection
- B. Hegar's sign**
- C. Quickening
- D. Fetal movement felt by the mother

Hegar's sign is a significant indicator of early pregnancy that can be detected during the first trimester. It refers to the softening of the lower uterine segment, which occurs as the body adapts to the growing fetus. This sign is typically observed during a pelvic examination performed by a healthcare provider and is generally noticeable around the 6th to 8th week of gestation. In contrast, other signs such as fetal heartbeat detection typically may not be confirmed until around 10 to 12 weeks into the pregnancy, making them less relevant during the very early stages. Quickening, which is the first time a mother feels fetal movements, generally occurs later in pregnancy, usually between 16 and 25 weeks. Similarly, fetal movement felt by the mother occurs even later as the fetus grows stronger and more active. Therefore, among the options listed, Hegar's sign is the most appropriate and earliest indication that aligns with the timeline of the first trimester.

2. During a woman's 20-week prenatal visit, the nurse locates the fundus at the level of the umbilicus. What is the nurse's next intervention?

- A. Notify the physician immediately
- B. Measure the fetal heart rate
- C. Document findings in the electronic health record**
- D. Continue with the physical examination

At 20 weeks of gestation, it is expected for the fundus to be located around the level of the umbilicus, which aligns with the typical progression of uterine growth during pregnancy. Documenting findings in the electronic health record is an important step, as it provides a permanent record of observable and measurable parameters during the woman's prenatal care. This documentation can contribute to ongoing assessments of the pregnancy's progress and help in identifying any deviations from the norm in future visits. Continuing with the physical examination is also standard practice, but it should be noted that documentation is essential to ensure that all observations are recorded for continuity of care. Monitoring and assessing fetal well-being, such as measuring the fetal heart rate, is critical but not the immediate next step once the fundal height has been correctly assessed. Notifying the physician immediately is unnecessary in this case, as the finding is typical and does not indicate an urgent issue.

3. Which statement by a pregnant client suggests a need for further instruction on preventing varicose veins?

- A. "I should elevate my legs when resting."
- B. "I should wear knee-high hose, but I should not leave them on longer than 8 hours."**
- C. "I should avoid standing for long periods."
- D. "I should exercise regularly and maintain a healthy weight."

The statement indicating that knee-high hose should not be worn longer than 8 hours suggests a need for further instruction on preventing varicose veins because it reflects a misunderstanding of the use of compression garments. Knee-high compression stockings are often recommended for pregnant individuals to improve venous circulation and reduce the incidence of varicose veins. In fact, these stockings can generally be worn throughout the day while standing or sitting, as they help prevent blood from pooling in the legs. It is important to ensure they fit correctly and to follow any specific recommendations from a healthcare provider. While there may be situations where a break from the stockings is necessary, indicating a strict limitation of 8 hours is not aligned with common guidelines for their use. The other statements correctly summarize healthy practices to prevent varicose veins during pregnancy. Elevating the legs can reduce pressure on the veins, avoiding prolonged standing helps minimize increased venous pressure, and regular exercise along with maintaining a healthy weight contributes to better overall venous health.

4. In the context of pregnancy, what fontanel closure is typically expected to occur in the second trimester?

- A. Anterior fontanel closes by 6 months.
- B. Posterior fontanel closes at birth.
- C. Anterior fontanel closes at 2 years.
- D. Posterior fontanel closes between 6-8 weeks.**

The closure of the posterior fontanel between 6 to 8 weeks is an important developmental milestone in infants. The posterior fontanel, which is the triangular space at the back of the baby's head, typically closes relatively early in an infant's life compared to the anterior fontanel. This early closure is significant as it indicates proper growth and development of the skull bones, allowing for the expansion and protection of the brain as the infant grows. Monitoring the closure of fontanels is crucial for healthcare providers because abnormal closure patterns can indicate various developmental issues. The posterior fontanel's timely closure is expected as the baby grows and as the pressure from the mother's pelvis during childbirth affects the shaping and molding of the skull. In contrast, the anterior fontanel remains open much longer, usually closing at about 18 months to 2 years, which is why options mentioning its closure at 6 months or 2 years do not accurately reflect typical physiological development. Additionally, while the posterior fontanel may close at or around birth, the more precise timeline of 6 to 8 weeks emphasizes the expected normal growth patterns during the early weeks of life.

5. Using Nägele's rule, what would be the estimated due date for a client whose last menstrual period began on February 9?

- A. 1109
- B. 1116**
- C. 1202
- D. 1216

To estimate the due date using Nägele's rule, the process involves a few simple calculations based on the first day of the last menstrual period (LMP). The rule states that you take the date of the first day of the LMP, add one year, subtract three months, and then add seven days. For a last menstrual period that began on February 9: 1. Start with the year: If the LMP is in 2023, adding one year brings us to 2024. 2. Next, subtract three months from February, which brings us to November of the previous year (2023). 3. Finally, add seven days to February 9, resulting in February 16. Therefore, the estimated due date is November 16, 2024. This calculation leads to the final answer of 1116, which signifies November 16, taking into account the way the dates are formatted in this context. Using this method ensures that the due date is based on a standardized calculation, which is important for prenatal care and monitoring the pregnancy.

6. How does a nurse confirm successful lactogenesis after childbirth?

- A. By observing the newborn's weight gain
- B. By monitoring maternal diet
- C. By recognizing the presence of colostrum**
- D. By checking maternal anxiety levels

Recognizing the presence of colostrum is a key indicator of successful lactogenesis, which refers to the production of milk following childbirth. Colostrum is the first milk produced by the breasts, rich in antibodies and nutrients, and is typically apparent within the first few days postpartum. The presence of colostrum demonstrates that the body has begun the lactation process and is transitioning from pregnancy to breastfeeding. The other options do not directly confirm lactogenesis. Observing the newborn's weight gain is more indicative of adequate feeding rather than the initiation of milk production. Monitoring maternal diet can be important for overall health but does not specifically indicate whether the lactation process has begun. Checking maternal anxiety levels may provide insight into her emotional state but does not reflect the physiological process of milk production. Thus, the recognition of colostrum is the most direct evidence of successful lactogenesis after childbirth.

7. A woman in her first trimester is receiving education on managing nausea and vomiting. Which statement suggests she needs further teaching?

- A. "I will eat dry crackers for breakfast after I get up."**
- B. "I will drink ginger tea throughout the day."
- C. "I plan to avoid strong odors in the kitchen."
- D. "I can snack on pretzels to help with nausea."

The selected statement about eating dry crackers for breakfast after getting up indicates that the woman may not fully understand the timing of food intake in relation to nausea management. While eating dry crackers is generally a recommended strategy for alleviating morning sickness, the advice to consume them right after waking might suggest she is not aware of the importance of having some food available in the stomach before rising. To effectively mitigate nausea, it's beneficial for individuals to have a few crackers or a light snack prepared the night before and have them accessible upon waking. This proactive approach helps stabilize blood sugar levels and can alleviate nausea. Eating a balanced diet with small, frequent meals, and avoiding long periods without food can also be more effective in managing symptoms. Therefore, this statement denotes a gap in understanding how to best apply dietary strategies for managing nausea in early pregnancy.

8. What is a common characteristic of Braxton Hicks contractions?

- A. They are painful and frequent.
- B. They usually occur late in pregnancy.
- C. They serve as practice for the body.**
- D. They indicate premature labor.

Braxton Hicks contractions are often referred to as "practice contractions" and occur as the body prepares for labor. One of the defining features of these contractions is that they help tone the uterine muscles and can also stimulate the cervix to prepare for the process of childbirth. Even though these contractions may be uncomfortable, they are typically irregular, infrequent, and not associated with the onset of labor. Their primary function is to assist the body in getting ready for the actual experience of labor, without signaling imminent delivery. This characteristic distinguishes them from other types of contractions that are more indicative of true labor, which are usually painful and more regular in pattern.

9. What should prenatal educators emphasize about the changes in skin appearance during pregnancy?

- A. Most women do not experience any changes in skin.
- B. Changes often occur due to hormonal shifts.**
- C. All skin changes are permanent after pregnancy.
- D. Darkening of skin is only noticeable in first-time mothers.

During pregnancy, hormonal shifts play a significant role in various physiological changes, including those affecting the skin. Specifically, increased levels of hormones such as estrogen and progesterone can lead to various skin conditions, such as melasma (also known as "mask of pregnancy"), linea nigra, and other pigmentation changes. Emphasizing the impact of hormonal changes helps pregnant individuals understand that these shifts are a normal part of the pregnancy experience. This knowledge can alleviate concerns about sudden or unexpected changes in skin appearance, as many of these changes are temporary and often resolve postpartum. Additionally, educating about these changes fosters a sense of acceptance and reassurance that such alterations are common among many women during pregnancy, irrespective of individual factors like prior pregnancy experience.

10. Which of the following statements regarding pregnancy exercise is FALSE?

- A. Swimming helps maintain cardiovascular fitness.
- B. Walking is a low-impact exercise suitable for pregnancy.
- C. High-impact aerobics is encouraged for pregnant women.
- D. Yoga can help improve flexibility in pregnancy.

High-impact aerobics is generally not encouraged for pregnant women due to the increased risk of injury and stress on the body during this sensitive time. Pregnancy brings about significant physical changes, including joint laxity and a shift in the center of gravity, which can make high-impact activities more hazardous. In contrast, swimming is often recommended as it provides an excellent cardiovascular workout while being gentle on the joints due to the buoyancy of water. Walking is also a favored low-impact exercise that is safe and beneficial during pregnancy, promoting overall health without excessive strain. Additionally, yoga is recognized for its ability to enhance flexibility and promote relaxation, which can be particularly beneficial during pregnancy. These exercises offer a safer alternative for maintaining fitness while supporting the physiological changes that occur during pregnancy.

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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://evolveantepartum.examzify.com>

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

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