

HESI Obstetrics (OB) Practice Test (Sample)

Study Guide



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SAMPLE

Questions

SAMPLE

- 1. What is a crucial health recommendation for pregnant adolescents?**
 - A. Increase exercise for weight management**
 - B. Focus on a diet high in carbohydrates**
 - C. Engage in regular healthcare visits**
 - D. Limit calcium intake to avoid weight gain**
- 2. What dietary component should pregnant women increase to reduce the risk of neural tube defects?**
 - A. Iron**
 - B. Calcium**
 - C. Folic acid**
 - D. Vitamin D**
- 3. What behavior is most likely demonstrated by a new mother receiving her infant for the first time?**
 - A. She eagerly reaches for the infant, undresses, and examines the infant completely**
 - B. Her arms and hands receive the infant and she then traces the infant's profile with her fingertips**
 - C. Her arms and hands receive the infant and she cuddles the infant to her own body**
 - D. She eagerly reaches for the infant and then holds the infant close to her own body**
- 4. What information should the nurse provide during preconception care for a new female client?**
 - A. Discuss various contraceptive methods until pregnancy is desired**
 - B. Provide information about prenatal care**
 - C. Ask about risk factors for complications**
 - D. Encourage healthy lifestyles for families desiring pregnancy**
- 5. What is an essential consideration when creating a birth plan for a client?**
 - A. All decisions should be made by healthcare providers**
 - B. The client should consider preferences and desires**
 - C. Focus solely on pain management techniques**
 - D. The timeframe for labor is irrelevant to the plan**

- 6. If a woman has a 36-day menstrual cycle and her last menstrual period started on January 8, when is her next fertile period?**
- A. January 14-15**
 - B. January 22-23**
 - C. January 30-31**
 - D. February 6-7**
- 7. During a routine check-up, which maternal vital sign change might indicate potential complications in late pregnancy?**
- A. Lowered blood pressure**
 - B. Elevated heart rate**
 - C. Increased respiratory rate**
 - D. Reduced pulse oximetry level**
- 8. What is the significance of the 20-week ultrasound?**
- A. To assess fetal anatomy and growth**
 - B. To determine the baby's sex**
 - C. To monitor maternal health**
 - D. To check for preterm labor signs**
- 9. What is the purpose of alpha-fetoprotein testing during pregnancy?**
- A. Detect cardiovascular disorders**
 - B. Screen for neural tube defects**
 - C. Monitor for placental functioning**
 - D. Assess for maternal pre-eclampsia**
- 10. What is the importance of the fundal height measurement during pregnancy?**
- A. To detect fetal anomalies**
 - B. To assess fetal growth and development**
 - C. To monitor maternal weight gain**
 - D. To determine the delivery date**

Answers

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

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Explanations

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1. What is a crucial health recommendation for pregnant adolescents?

- A. Increase exercise for weight management**
- B. Focus on a diet high in carbohydrates**
- C. Engage in regular healthcare visits**
- D. Limit calcium intake to avoid weight gain**

Engaging in regular healthcare visits is vital for pregnant adolescents. Adolescence is a period marked by rapid physical, emotional, and social development, and pregnancy adds another layer of complexity to these changes. Regular healthcare visits ensure that both the adolescent and the developing fetus are monitored closely for any potential health issues. These visits provide an opportunity for health professionals to offer education on prenatal care, nutrition, and the importance of managing any existing health conditions. Monitoring the growth and development of the fetus and checking for any complications can significantly impact the health outcomes for both the mother and the child. Additionally, healthcare visits facilitate early identification of any potential problems, such as preeclampsia or gestational diabetes, which can be critical for ensuring a healthy pregnancy. They also serve as a platform for discussing lifestyle modifications and obtaining necessary vaccinations, both of which are essential aspects of maternal and fetal health. Other health recommendations may support a healthy pregnancy, but regular healthcare visits are foundational to ensure that all aspects of health are addressed throughout the pregnancy journey.

2. What dietary component should pregnant women increase to reduce the risk of neural tube defects?

- A. Iron**
- B. Calcium**
- C. Folic acid**
- D. Vitamin D**

Pregnant women should increase their intake of folic acid, as this B vitamin plays a critical role in the proper development of the fetal neural tube. The neural tube forms in the first few weeks of pregnancy and develops into the baby's brain and spine. An adequate supply of folic acid is essential because it helps in the formation and closure of the neural tube. Insufficient levels of folic acid during early pregnancy can lead to serious congenital defects, such as spina bifida and anencephaly. Health guidelines recommend that women planning to become pregnant should take a daily supplement of folic acid and consume foods rich in this nutrient to minimize the risk of these defects. This includes foods such as leafy greens, legumes, nuts, and fortified cereals. While other nutrients like iron, calcium, and vitamin D are also important during pregnancy for overall maternal and fetal health, they are not specifically linked to the prevention of neural tube defects as folic acid is.

- 3. What behavior is most likely demonstrated by a new mother receiving her infant for the first time?**
- A. She eagerly reaches for the infant, undresses, and examines the infant completely**
 - B. Her arms and hands receive the infant and she then traces the infant's profile with her fingertips**
 - C. Her arms and hands receive the infant and she cuddles the infant to her own body**
 - D. She eagerly reaches for the infant and then holds the infant close to her own body**

The behavior that is most likely demonstrated by a new mother receiving her infant for the first time is one in which she receives the infant and gently traces the infant's profile with her fingertips. This action reflects the tenderness and attachment that new mothers often feel towards their newborns. It also indicates a desire for bonding and establishing a connection without overwhelming the infant. Touching and tracing the infant's features can facilitate a sense of discovery and appreciation for the new life she has brought into the world. At this moment, the focus is not just on physical interaction but also on emotional connection and nurturing instincts, which are crucial for establishing secure attachment. The mother's actions may demonstrate care, gentleness, and awe, which are common emotions experienced during the initial bonding period following birth. Other options may suggest different forms of interaction, such as immediately undressing or overly exuberant physical responses, which might not accurately capture the common, instinctually gentle approach that many mothers exhibit during this significant first moment with their child.

- 4. What information should the nurse provide during preconception care for a new female client?**
- A. Discuss various contraceptive methods until pregnancy is desired**
 - B. Provide information about prenatal care**
 - C. Ask about risk factors for complications**
 - D. Encourage healthy lifestyles for families desiring pregnancy**

Encouraging healthy lifestyles for families desiring pregnancy is a crucial aspect of preconception care. This focus on lifestyle promotes optimal health for both the potential mother and future child, addressing various factors such as nutrition, exercise, and avoidance of harmful substances. Healthy weight management, proper prenatal vitamins (like folic acid), and the management of chronic health conditions are all emphasized to reduce the risks of complications during pregnancy. Providing this information helps to prepare the woman's body for pregnancy, supports fetal development, and can contribute to better pregnancy outcomes. Educating clients on maintaining a balanced diet, engaging in regular physical activity, and eliminating harmful habits like smoking or excessive alcohol consumption is essential. These practices not only enhance fertility but also lay the groundwork for a healthier pregnancy and child.

5. What is an essential consideration when creating a birth plan for a client?

- A. All decisions should be made by healthcare providers**
- B. The client should consider preferences and desires**
- C. Focus solely on pain management techniques**
- D. The timeframe for labor is irrelevant to the plan**

An essential consideration when creating a birth plan for a client is that the client should consider their preferences and desires. A birth plan serves as a way for the expectant mother to communicate her wishes regarding childbirth, including preferences about labor, delivery, postpartum care, and newborn care. This plan empowers the individual by allowing them to articulate their hopes for the birthing experience, which can enhance satisfaction and reduce anxiety during labor. Involving the client in the decision-making process is crucial, as it promotes autonomy and helps ensure that their personal values and preferences are respected throughout the labor and delivery. A birth plan is not just a checklist but a reflection of what is most important to the individual during a significant life event.

6. If a woman has a 36-day menstrual cycle and her last menstrual period started on January 8, when is her next fertile period?

- A. January 14-15**
- B. January 22-23**
- C. January 30-31**
- D. February 6-7**

To determine the next fertile period for a woman with a 36-day menstrual cycle, we must first understand the timing of ovulation. Ovulation typically occurs about 14 days before the start of the next menstrual period. In this case, if the last menstrual period began on January 8, the next expected menstrual period will occur 36 days later, which would be on February 13. Calculating the ovulation date involves subtracting 14 days from February 13, resulting in an estimated ovulation date of February 1. The fertile period usually spans a few days before and after ovulation, typically considered to be around five days prior and one day post-ovulation. Therefore, the fertile window would be from January 28 to February 2. In this context, the correct fertile period indicated in the choice provided aligns with January 30-31, as these dates fall within the range leading up to the ovulation date. This is why this choice represents the best answer regarding the timing of the fertile period for this particular menstrual cycle. Identifying the accurate fertile period is crucial for couples trying to conceive, as it increases the likelihood of successful fertilization during the ovulation window.

7. During a routine check-up, which maternal vital sign change might indicate potential complications in late pregnancy?

- A. Lowered blood pressure**
- B. Elevated heart rate**
- C. Increased respiratory rate**
- D. Reduced pulse oximetry level**

An elevated heart rate in a pregnant woman during a routine check-up can be indicative of potential complications, especially in late pregnancy. This vital sign can suggest several underlying issues, such as anemia, dehydration, or even stress due to conditions like hypertension or preeclampsia. In late pregnancy, as the body undergoes significant physiological changes to accommodate the growing fetus, a consistent elevation in heart rate may signal that the cardiovascular system is under stress or responding to complications that require further investigation. Monitoring a mother's vital signs is critical because changes can occur rapidly in pregnancy due to both maternal and fetal factors. An elevated heart rate can also reflect the body's increased metabolic demands and is a vital measure in assessing maternal well-being. Intervention may be necessary depending on other accompanying symptoms and overall clinical evaluation. Recognizing this change can ensure timely management and enhance outcomes for both the mother and the baby.

8. What is the significance of the 20-week ultrasound?

- A. To assess fetal anatomy and growth**
- B. To determine the baby's sex**
- C. To monitor maternal health**
- D. To check for preterm labor signs**

The 20-week ultrasound, also known as the mid-pregnancy anatomical scan or anomaly scan, plays a crucial role in assessing fetal anatomy and growth. This ultrasound provides a detailed examination of the developing fetus, allowing healthcare providers to evaluate critical aspects such as the size of the fetus, the structure of the brain and spine, the presence of organs, limb development, and overall growth patterns. This comprehensive assessment can help identify any potential congenital anomalies or developmental issues early on, enabling timely interventions if necessary. While determining the baby's sex can often be done during this ultrasound, it is not the primary purpose. Monitoring maternal health could involve other assessments and imaging outside the scope of this specific scan, and while it is essential to evaluate maternal well-being throughout pregnancy, the 20-week ultrasound primarily focuses on fetal development. Similarly, checking for signs of preterm labor typically occurs through different clinical assessments and is not the focus of the mid-pregnancy scan. Therefore, the main significance of the 20-week ultrasound lies in its ability to provide a detailed view of the fetus's anatomical development and growth.

9. What is the purpose of alpha-fetoprotein testing during pregnancy?

- A. Detect cardiovascular disorders**
- B. Screen for neural tube defects**
- C. Monitor for placental functioning**
- D. Assess for maternal pre-eclampsia**

Alpha-fetoprotein (AFP) testing during pregnancy is primarily used to screen for neural tube defects in the developing fetus. Elevated levels of AFP in maternal serum can indicate potential abnormalities, such as spina bifida or anencephaly, which are types of neural tube defects. This screening is typically performed during the second trimester and helps identify pregnancies that may warrant further testing, such as ultrasound or amniocentesis, to confirm diagnosis and assess fetal health. In contrast, the other options do not align with the primary purpose of AFP testing. Cardiovascular disorders are typically evaluated through different screening methods, while placental function is monitored through ultrasounds or specific blood tests that measure placental markers, rather than AFP. Additionally, maternal pre-eclampsia is assessed through blood pressure measurements and urine tests for protein, not through alpha-fetoprotein levels.

10. What is the importance of the fundal height measurement during pregnancy?

- A. To detect fetal anomalies**
- B. To assess fetal growth and development**
- C. To monitor maternal weight gain**
- D. To determine the delivery date**

Fundal height measurement is essential during pregnancy primarily as a means to assess fetal growth and development. This measurement, which is taken from the top of the uterus (the fundus) to the pubic bone, can provide valuable insights into whether the fetus is growing appropriately for its gestational age. Typically, fundal height is measured in centimeters and corresponds closely to the number of weeks of gestation, particularly between 20 and 36 weeks. A measurement that falls significantly below or above the expected range may prompt further investigation to determine potential issues such as intrauterine growth restriction or macrosomia. While detecting fetal anomalies and monitoring maternal weight gain are important aspects of prenatal care, they are not directly assessed through fundal height measurements. Similarly, although fundal height can provide some estimation of gestational age, its primary function is to monitor fetal growth rather than to determine the delivery date. Thus, the measurement is a crucial tool in evaluating whether the developing fetus is on track in terms of growth and overall health.