

HESI Obstetrics (OB) Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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

- 1. When teaching about "postpartum blues," which symptoms should the nurse include?**
 - A. Mood swings**
 - B. Panic attacks**
 - C. Tearfulness**
 - D. Disinterest in the infant**
- 2. What is often monitored during postnatal care to ensure maternal health?**
 - A. Infant weight gain**
 - B. Maternal emotional well-being**
 - C. Fetal health signs**
 - D. Time duration of labor**
- 3. A couple has been trying to conceive for 9 months. Which factor is most likely to affect their ability to conceive?**
 - A. Exercise regimen includes running 4 miles each morning**
 - B. History of having sexual intercourse 2-3 times a week**
 - C. The woman's menstrual period occurs every 35 days**
 - D. They use lubricants with each sexual encounter**
- 4. If a client at 28 weeks gestation presents with bright red vaginal bleeding but no contractions or pain, what should the nurse instruct her to do?**
 - A. Come to the clinic today for an ultrasound**
 - B. Go immediately to the emergency room**
 - C. Lie on your left side for about one hour**
 - D. Bring a urine specimen to the lab tomorrow**
- 5. Which assessment finding in a client with preeclampsia is most significant in planning care?**
 - A. Patellar reflex 4+**
 - B. Blood pressure 158/80**
 - C. Four-hour urine output 240 mL**
 - D. Respiration 12/minute**

- 6. Compared to nonsmokers, mothers who smoke during pregnancy tend to produce infants who have what characteristic?**
- A. Lower Apgar scores**
 - B. Lower birth weights**
 - C. Respiratory distress**
 - D. A higher rate of congenital anomalies**
- 7. What is the expected outcome for a client administered oxytocin during labor?**
- A. Increased contraction frequency**
 - B. Decreased fetal heart rate**
 - C. Heightened maternal blood pressure**
 - D. Reduced uterine tone**
- 8. What condition may require a pregnant woman to have an elevated blood glucose test repeated?**
- A. Preeclampsia**
 - B. Gestational diabetes**
 - C. Hypoglycemia**
 - D. Cholestasis**
- 9. A client who delivered an infant an hour ago reports feeling wet underneath. What is the nurse's next action?**
- A. Cleanse the perineum**
 - B. Obtain a blood pressure**
 - C. Palpate the firmness of the fundus**
 - D. Inspect the perineum for lacerations**
- 10. Immediately after birth, what should the nurse do for a newborn with an apical heart rate of 80 bpm?**
- A. Initiate positive pressure ventilation**
 - B. Intervene after the one minute Apgar is assessed**
 - C. Initiate CPR on the infant**
 - D. Assess the infant's blood glucose level**

Answers

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

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Explanations

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1. When teaching about "postpartum blues," which symptoms should the nurse include?

- A. Mood swings**
- B. Panic attacks**
- C. Tearfulness**
- D. Disinterest in the infant**

The symptoms of postpartum blues, also known as the "baby blues," typically include mood swings, tearfulness, and feelings of sadness that can occur within the first few days to two weeks after childbirth. It is essential to highlight mood swings as a primary symptom because they are quite common and often linked to the hormonal fluctuations and emotional adjustments that women experience after giving birth. Women may feel happy one moment and then suddenly feel sad or anxious the next, which can be alarming but is usually temporary and resolves on its own. Tearfulness is also a notable symptom associated with this condition, reflecting the emotional rollercoaster that many new mothers go through. Although panic attacks and disinterest in the infant might be associated with more severe conditions like postpartum depression or other anxiety disorders, they are not typical symptoms of postpartum blues. It is essential for educational purposes to distinguish between these various conditions since the postpartum blues is generally viewed as a less severe and self-limiting experience compared to postpartum depression. Understanding these differences helps in providing appropriate support and monitoring for new mothers during this vulnerable time.

2. What is often monitored during postnatal care to ensure maternal health?

- A. Infant weight gain**
- B. Maternal emotional well-being**
- C. Fetal health signs**
- D. Time duration of labor**

Monitoring maternal emotional well-being during postnatal care is essential for several reasons. Following childbirth, women may experience a range of emotional responses, including joy, anxiety, and sometimes more severe conditions such as postpartum depression or anxiety disorders. Healthcare providers routinely assess the emotional state of new mothers to identify any signs of distress or mental health issues early on. This can facilitate timely interventions, ensuring the mother receives appropriate support or treatment if needed. Addressing maternal mental health is crucial, as it not only affects the mother's quality of life but also influences bonding with the infant and overall family dynamics. In context, tracking infant weight gain, while important for assessing the newborn's health, mainly pertains to the infant rather than the mother's immediate postnatal health. Monitoring fetal health signs is irrelevant after delivery since the focus shifts to the mother and newborn. The time duration of labor primarily pertains to the labor and delivery phase and does not impact postnatal evaluation of maternal health. Thus, maternal emotional well-being is a critical element in postnatal care and is vital for ensuring a healthy transition into motherhood.

3. A couple has been trying to conceive for 9 months. Which factor is most likely to affect their ability to conceive?

- A. Exercise regimen includes running 4 miles each morning**
- B. History of having sexual intercourse 2-3 times a week**
- C. The woman's menstrual period occurs every 35 days**
- D. They use lubricants with each sexual encounter**

The use of lubricants with each sexual encounter can significantly impact a couple's ability to conceive, particularly if the lubricants contain ingredients that are harmful to sperm. Many commercial lubricants may have spermicidal properties or alter the pH balance, making the environment less conducive for sperm survival and movement. Some lubricants can also create a physical barrier, further complicating the natural process of conception. In contrast, factors such as an exercise regimen, frequency of intercourse, and menstrual cycle length can influence fertility, but none are as directly impactful on sperm viability and motility as the type of lubricant used during sexual activity. For optimal fertility, it's advisable for couples trying to conceive to use fertility-friendly lubricants or to avoid lubricants altogether if possible, to create an environment that supports sperm health and mobility.

4. If a client at 28 weeks gestation presents with bright red vaginal bleeding but no contractions or pain, what should the nurse instruct her to do?

- A. Come to the clinic today for an ultrasound**
- B. Go immediately to the emergency room**
- C. Lie on your left side for about one hour**
- D. Bring a urine specimen to the lab tomorrow**

In the context of bright red vaginal bleeding at 28 weeks gestation without contractions or pain, the most appropriate guidance for the client is to come to the clinic for an ultrasound. This recommendation is crucial because it allows for timely assessment of the situation. An ultrasound can help determine the cause of the bleeding, whether it is due to placenta previa, placental abruption, or other complications. Monitoring the condition is essential, and while immediate evaluation is warranted, it does not necessarily require an emergency room visit if the patient is stable and asymptomatic aside from the bleeding. The clinic can perform the necessary imaging studies and evaluations to ensure both maternal and fetal well-being in a controlled environment. Furthermore, remaining calm and seeking appropriate care can help mitigate unnecessary anxiety in the client. In this scenario, simply instructing to lie on the left side is helpful for improving blood flow but does not address the need for medical evaluation. Going immediately to the emergency room would typically be reserved for severe cases where immediate intervention may be necessary. Lastly, waiting to bring a urine specimen the next day does not prioritize the need for evaluation of the current obstetric condition, especially in the context of active bleeding.

5. Which assessment finding in a client with preeclampsia is most significant in planning care?

- A. Patellar reflex 4+**
- B. Blood pressure 158/80**
- C. Four-hour urine output 240 mL**
- D. Respiration 12/minute**

In the context of preeclampsia, the assessment of the patellar reflex, particularly when it presents as hyperreflexia (4+), is significant because it indicates potential neurological involvement related to the disease process. Preeclampsia is characterized by hypertension and can lead to serious complications such as seizures, which are a hallmark of eclampsia. Hyperreflexia in the context of preeclampsia suggests increased central nervous system irritability, signaling that the patient's condition could deteriorate. Close monitoring of neurological signs, including reflexes, helps to assess the severity of the preeclampsia and to guide timely interventions. Recognizing hyperreflexia prompts healthcare providers to consider the need for magnesium sulfate therapy, which is used to prevent seizures in these patients. While other findings such as blood pressure readings, urine output, and respiratory rate provide important information about the patient's status, the presence of significantly exaggerated reflexes is directly linked to potential acute complications that may necessitate immediate action in the management of preeclampsia.

6. Compared to nonsmokers, mothers who smoke during pregnancy tend to produce infants who have what characteristic?

- A. Lower Apgar scores**
- B. Lower birth weights**
- C. Respiratory distress**
- D. A higher rate of congenital anomalies**

Mothers who smoke during pregnancy are associated with producing infants who have lower birth weights. This outcome is primarily due to the harmful effects of nicotine and other chemicals present in cigarette smoke, which can restrict blood flow to the placenta and impede fetal growth. Additionally, smoking can lead to complications such as placental abruption or placenta previa, both of which can contribute to lower birth weights. Low birth weight is a crucial indicator of neonatal health and is linked to increased risks of developmental problems and other health complications later in life. The impact on birth weight is well-documented, establishing a clear connection between maternal smoking and reduced fetal growth. Thus, lower birth weights in infants born to mothers who smoke aligns with established research and clinical findings in obstetrics.

7. What is the expected outcome for a client administered oxytocin during labor?

- A. Increased contraction frequency**
- B. Decreased fetal heart rate**
- C. Heightened maternal blood pressure**
- D. Reduced uterine tone**

The expected outcome for a client administered oxytocin during labor is increased contraction frequency. Oxytocin is a hormone that plays a critical role in the childbirth process, primarily by stimulating uterine contractions. When oxytocin is administered, it enhances the intensity, frequency, and duration of these contractions, which can help progress labor more effectively. As labor progresses, the frequency of contractions is essential for both the dilation of the cervix and the eventual delivery of the baby. Increased contraction frequency due to oxytocin use can lead to an effective labor that is more likely to result in a timely delivery. The other options present potential misconceptions about the effects of oxytocin. For instance, while it may impact maternal vital signs, the primary and most immediate effect is on the contractions themselves, not a direct change in maternal blood pressure or a reduction in uterine tone. Decreased fetal heart rate is not a typical outcome of oxytocin administration; rather, monitoring is crucial to ensure that the fetus is tolerating the labor well. Reduced uterine tone is also contrary to the action of oxytocin, which aims to increase uterine activity rather than diminish it.

8. What condition may require a pregnant woman to have an elevated blood glucose test repeated?

- A. Preeclampsia**
- B. Gestational diabetes**
- C. Hypoglycemia**
- D. Cholestasis**

Gestational diabetes is a condition that arises during pregnancy when the body is unable to produce enough insulin to keep blood glucose levels within a normal range. When an elevated blood glucose test is detected, it often suggests that the woman may have gestational diabetes, which can impact both maternal and fetal health if not properly managed. Repeating the elevated blood glucose test is crucial because it helps confirm the diagnosis of gestational diabetes. This confirmation is necessary to determine the appropriate management plan, including dietary changes, physical activity, or insulin therapy to control blood glucose levels and reduce potential complications such as macrosomia (larger-than-average baby), preterm delivery, or the development of type 2 diabetes later in life for both the mother and child. While other conditions like preeclampsia, hypoglycemia, and cholestasis can occur during pregnancy and may affect a woman's health, they do not specifically relate to the need for repeating a blood glucose test based on elevated findings in the same way gestational diabetes does.

9. A client who delivered an infant an hour ago reports feeling wet underneath. What is the nurse's next action?

- A. Cleanse the perineum**
- B. Obtain a blood pressure**
- C. Palpate the firmness of the fundus**
- D. Inspect the perineum for lacerations**

When a client reports feeling wet underneath shortly after delivery, it is imperative for the nurse to assess the firmness of the fundus. This is because postpartum hemorrhage can occur rapidly due to uterine atony, where the uterus fails to contract effectively after delivery. A firm fundus is essential for controlling bleeding, while a boggy or soft fundus may indicate that the uterus is not contracting, leading to potential complications such as excessive vaginal bleeding. By palpating the fundus, the nurse can determine if the uterus is in the expected state of contraction or if further intervention is needed. If the fundus is found to be boggy, the nurse will typically perform fundal massage to encourage it to contract and may need to notify the healthcare provider for further orders and assessments. While inspecting the perineum for lacerations and cleansing the perineum are important aspects of postpartum care, they do not directly address the immediate concern of potential uterine atony and the associated risk of hemorrhage. Obtaining a blood pressure might provide some information about the client's overall status, but it would not be as immediate and impactful as assessing the firmness of the fundus in this context.

10. Immediately after birth, what should the nurse do for a newborn with an apical heart rate of 80 bpm?

- A. Initiate positive pressure ventilation**
- B. Intervene after the one minute Apgar is assessed**
- C. Initiate CPR on the infant**
- D. Assess the infant's blood glucose level**

The correct action to take for a newborn with an apical heart rate of 80 beats per minute is to initiate positive pressure ventilation. In a newborn, a heart rate below 100 bpm is considered bradycardia, which warrants immediate intervention, especially if the heart rate is significantly low. Positive pressure ventilation is crucial for ensuring adequate oxygenation and circulation to the infant, as bradycardia can lead to potentially serious complications if not promptly addressed. The initiation of CPR would typically occur if the heart rate plummeted to below 60 bpm and is associated with a lack of effective ventilations. Therefore, while it is important to be prepared for CPR, the first step in this situation is to provide positive pressure ventilation to try to elevate the heart rate. Assessing the infant's blood glucose level may be important in other contexts, particularly if signs of hypoglycemia are present, but it is not the immediate priority when faced with bradycardia. Waiting until after the one-minute Apgar assessment is not appropriate in this scenario, as immediate action is needed to address the infant's low heart rate. Thus, the priority in this case is to initiate positive pressure ventilation to support the newborn's respiratory needs and improve heart rate.

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://hesiobstetrics.examzify.com>

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