

# Lippincott Antepartal Care Practice Exam (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

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- 1. What is a common sign of preterm labor that expectant mothers should be aware of?**
  - A. Swelling in the feet**
  - B. Regular contractions**
  - C. Fatigue**
  - D. Occasional back pain**
- 2. How does maternal age impact pregnancy outcomes?**
  - A. Older age can lead to increased risks for chromosomal abnormalities**
  - B. Older mothers have fewer health complications**
  - C. Age does not significantly affect pregnancy outcomes**
  - D. Younger mothers have higher risks for developmental issues**
- 3. What is the significance of measuring fundal height?**
  - A. To assess maternal blood pressure**
  - B. To evaluate fetal heart rate**
  - C. To assess fetal growth and development**
  - D. To determine amniotic fluid levels**
- 4. Why is it important for pregnant women to avoid alcohol and drugs?**
  - A. They are harmful to the mother's social life**
  - B. They can adversely affect fetal development**
  - C. They improve sleep quality**
  - D. They have no significant impact**
- 5. At which stage of pregnancy should fetal movements typically become noticeable to the mother?**
  - A. First trimester**
  - B. Second trimester**
  - C. Third trimester**
  - D. Before conception**

- 6. In terms of lifestyle during pregnancy, which action demonstrates a need for further teaching?**
- A. Exercising regularly.**
  - B. Smoking occasionally.**
  - C. Taking prenatal vitamins.**
  - D. Attending regular prenatal check-ups.**
- 7. Which of the following factors can influence the timing and frequency of antepartal visits?**
- A. Parental preferences**
  - B. Maternal health status**
  - C. Neighborhood location**
  - D. Weather conditions**
- 8. Which hormone is incorrectly identified as being produced by the placenta?**
- A. Estrogen**
  - B. Progesterone**
  - C. Human chorionic gonadotropin (hCG)**
  - D. Testosterone**
- 9. What reason is significant for performing an ultrasound at 10 weeks' gestation?**
- A. To view the gross anatomy of the fetus**
  - B. To determine gestational age**
  - C. To view the heart beating**
  - D. To determine fetal position**
- 10. What should the nurse tell a client about the radioimmunoassay pregnancy test?**
- A. It has a high degree of accuracy within 1 week after ovulation.**
  - B. It is identical in nature to an over-the-counter home pregnancy test.**
  - C. A positive result is considered a presumptive sign of pregnancy.**
  - D. A urine sample is needed to obtain quicker results.**

## **Answers**

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

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## **Explanations**

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**1. What is a common sign of preterm labor that expectant mothers should be aware of?**

- A. Swelling in the feet**
- B. Regular contractions**
- C. Fatigue**
- D. Occasional back pain**

Regular contractions are a common sign of preterm labor that expectant mothers should be vigilant about. In the context of pregnancy, contractions are the rhythmic tightening and relaxation of the uterine muscles. While some contractions may occur as part of the normal progression of pregnancy, preterm labor is indicated by rhythmic contractions that happen at regular intervals and may become more frequent, lasting longer, or increasing in intensity. It's crucial for expectant mothers to distinguish between normal Braxton Hicks contractions and those that signify potential labor. Recognizing these contractions, particularly when they occur before 37 weeks of gestation, allows for timely medical intervention, which can include measures to prolong the pregnancy and ensure better outcomes for both the mother and the baby. While other options like swelling in the feet, fatigue, and occasional back pain can occur during pregnancy, they are not specific indicators of preterm labor and can often be attributed to typical pregnancy discomforts. Thus, being aware of regular contractions as a potential sign of preterm labor is essential for expectant mothers.

**2. How does maternal age impact pregnancy outcomes?**

- A. Older age can lead to increased risks for chromosomal abnormalities**
- B. Older mothers have fewer health complications**
- C. Age does not significantly affect pregnancy outcomes**
- D. Younger mothers have higher risks for developmental issues**

Maternal age plays a significant role in influencing pregnancy outcomes, and older age is associated with increased risks for chromosomal abnormalities. As women age, particularly those over 35, the likelihood of genetic conditions such as Down syndrome rises, primarily due to the age-related decline in oocyte quality and chromosomal integrity during cell division. This is attributed to the accumulation of cellular aging effects and meiotic errors, which can lead to aneuploidy in embryos. In contrast to this, the notion that older mothers experience fewer health complications is inaccurate; in fact, older maternal age is often linked with higher risks of pregnancy-related health issues such as gestational diabetes, hypertension, and preterm birth. Similarly, the assertion that age does not significantly affect pregnancy outcomes overlooks substantial evidence indicating that maternal age is a critical factor in both genetic risks and complications during pregnancy. Lastly, while it is true that younger mothers sometimes experience specific challenges, stating that they have higher risks for developmental issues lacks the nuance necessary, as developmental concerns can stem from a variety of factors that are not solely age-dependent. Thus, option A accurately captures a pivotal aspect of how maternal age influences pregnancy outcomes by highlighting the increased risk for chromosomal abnormalities in older mothers.

### 3. What is the significance of measuring fundal height?

- A. To assess maternal blood pressure
- B. To evaluate fetal heart rate
- C. To assess fetal growth and development**
- D. To determine amniotic fluid levels

Measuring fundal height is a key aspect of prenatal care, particularly because it provides vital insight into fetal growth and development. As the pregnancy progresses, the fundal height, which is the distance from the pubic bone to the top of the uterus, typically correlates with the gestational age of the fetus after 20 weeks. By tracking this measurement at each prenatal visit, healthcare providers can assess whether the fetus is growing appropriately. A fundal height that is consistent with gestational age indicates normal fetal growth and can suggest that the placenta is functioning adequately. Conversely, a fundal height that is too small may indicate possible intrauterine growth restriction, while a measurement that is too large could suggest issues like gestational diabetes or multiple pregnancies. This method provides a non-invasive way to monitor fetal development, contributing to decisions about further evaluation or interventions if concerns about fetal growth arise. Thus, its significance lies primarily in its ability to inform healthcare providers about the well-being of the fetus throughout the pregnancy.

### 4. Why is it important for pregnant women to avoid alcohol and drugs?

- A. They are harmful to the mother's social life
- B. They can adversely affect fetal development**
- C. They improve sleep quality
- D. They have no significant impact

The importance of avoiding alcohol and drugs during pregnancy is fundamentally anchored in the potential adverse effects these substances can have on fetal development. When a pregnant woman consumes alcohol, it can lead to a spectrum of disorders known as fetal alcohol spectrum disorders (FASDs), which include physical malformations, cognitive impairments, and behavioral issues in the child. Alcohol can cross the placenta, directly affecting the developing fetus and potentially leading to lifelong consequences. Similarly, various drugs, including illicit substances and certain prescription medications, can disrupt normal fetal growth and result in complications such as low birth weight, preterm birth, or withdrawal symptoms in newborns. Understanding the critical window during which the fetus is most vulnerable to teratogens—harmful substances that can cause birth defects—highlights the significance of this choice. Pregnant women are advised to prioritize their health and that of their unborn child by avoiding these substances to minimize risks and promote optimal fetal development. Consequently, the correct response emphasizes the need for caution and awareness regarding the effects of these substances on a developing pregnancy.

**5. At which stage of pregnancy should fetal movements typically become noticeable to the mother?**

- A. First trimester**
- B. Second trimester**
- C. Third trimester**
- D. Before conception**

Fetal movements, often referred to as "quickening," typically become noticeable to the mother during the second trimester of pregnancy. This stage usually occurs around 18 to 20 weeks for first-time mothers, although some may feel movements a bit earlier. The reason for this timing is related to the development and growth of the fetus. By the second trimester, the fetus has grown sufficiently in size and strength, allowing it to engage in movements that can be felt by the mother. The amniotic fluid also provides a cushioning effect that can amplify these sensations. In contrast, during the first trimester, the fetus is still very small and primarily engaging in subtle movements that the mother is unlikely to feel. By the third trimester, although fetal movement is often more vigorous and noticeable, the question specifically asks for the stage when the mother first recognizes these movements, which is established during the second trimester. Thus, the second trimester is the correct answer as it marks the period when mothers typically begin to feel and recognize fetal movements.

**6. In terms of lifestyle during pregnancy, which action demonstrates a need for further teaching?**

- A. Exercising regularly.**
- B. Smoking occasionally.**
- C. Taking prenatal vitamins.**
- D. Attending regular prenatal check-ups.**

Smoking occasionally during pregnancy is a behavior that indicates a need for further teaching. This action poses significant risks to both the mother and the developing fetus. Even infrequent smoking can adversely affect fetal development, contributing to issues such as low birth weight, preterm birth, and increased risks of congenital abnormalities. Furthermore, smoking can lead to long-term health consequences for the child, such as an increased risk of respiratory problems and developmental delays. In contrast, engaging in regular exercise, taking prenatal vitamins, and attending regular prenatal check-ups are all positive actions that support a healthy pregnancy. Regular exercise can help maintain a healthy weight, improve mood, and enhance overall fitness, while prenatal vitamins are essential for providing necessary nutrients that may not be sufficiently available through diet alone. Regular prenatal check-ups are crucial for monitoring the health of both the mother and the baby, ensuring early detection and management of any potential complications.

**7. Which of the following factors can influence the timing and frequency of antepartal visits?**

- A. Parental preferences**
- B. Maternal health status**
- C. Neighborhood location**
- D. Weather conditions**

Maternal health status is a significant factor influencing the timing and frequency of antepartal visits. The health of the mother can determine how often she needs to see her healthcare provider. For instance, women with pre-existing conditions such as hypertension, diabetes, or other chronic illnesses may require more frequent monitoring throughout pregnancy to ensure both maternal and fetal well-being. Additionally, if there are any complications or risks identified during the pregnancy, healthcare providers will typically schedule more frequent visits to monitor the situation closely and provide timely interventions if necessary. This tailored approach to antepartal care helps to address individual health concerns, optimize maternal outcomes, and promote healthy fetal development. While parental preferences, neighborhood location, and weather conditions may play a role in a parent's decision to attend visits or in logistical considerations, they do not directly impact the medical need for those visits as much as maternal health status does.

**8. Which hormone is incorrectly identified as being produced by the placenta?**

- A. Estrogen**
- B. Progesterone**
- C. Human chorionic gonadotropin (hCG)**
- D. Testosterone**

The hormone identified as incorrectly being produced by the placenta is testosterone. During pregnancy, the placenta is primarily responsible for producing hormones that play significant roles in maintaining pregnancy and supporting fetal development. These hormones include estrogen, progesterone, and human chorionic gonadotropin (hCG). Estrogen is critical for stimulating uterine growth and increasing blood flow, while progesterone helps to maintain the uterine lining and prevent premature contractions. Human chorionic gonadotropin (hCG) is essential for signaling to the corpus luteum to continue producing progesterone during the first trimester, ensuring the pregnancy is sustained. In contrast, testosterone is primarily produced in significant amounts by the testicles in males and to a lesser extent in ovaries and adrenal glands in females. Although small amounts of testosterone can be present in both male and female bodies, it is not a hormone produced by the placenta during pregnancy. Therefore, the identification of testosterone as a placentally produced hormone is incorrect, underscoring the unique role of the placenta in hormone production during gestation.

**9. What reason is significant for performing an ultrasound at 10 weeks' gestation?**

- A. To view the gross anatomy of the fetus**
- B. To determine gestational age**
- C. To view the heart beating**
- D. To determine fetal position**

Performing an ultrasound at 10 weeks' gestation is significant primarily for determining gestational age. During this early stage of pregnancy, the developing fetus is still relatively small, and certain measurements can provide accurate insights into how far along the pregnancy is. Specifically, the crown-rump length (CRL) of the fetus can be measured, which is a reliable indicator of gestational age within the first trimester. Accurate gestational dating is crucial for various reasons, including assessing the expected due date, scheduling appropriate prenatal screenings, and monitoring the overall progress of the pregnancy. While it is possible to visualize other aspects of the pregnancy, such as the fetal heartbeat, the focus at this early stage is primarily on establishing how many weeks pregnant the individual is, allowing for better management and planning throughout the pregnancy.

**10. What should the nurse tell a client about the radioimmunoassay pregnancy test?**

- A. It has a high degree of accuracy within 1 week after ovulation.**
- B. It is identical in nature to an over-the-counter home pregnancy test.**
- C. A positive result is considered a presumptive sign of pregnancy.**
- D. A urine sample is needed to obtain quicker results.**

The radioimmunoassay pregnancy test is known for its high degree of accuracy, particularly within the timeframe of one week after ovulation. This test detects the presence of human chorionic gonadotropin (hCG), a hormone produced shortly after a fertilized egg attaches to the wall of the uterus. Since hCG levels rise rapidly in the early stages of pregnancy, testing one week after ovulation allows for an accurate detection. In contrast, an over-the-counter home pregnancy test may vary in sensitivity and might not provide as accurate results if taken too early, such as before the expected menstrual period. The statement regarding the test being identical to a home pregnancy test is misleading, as the mechanisms and sensitivities can differ. Similarly, a positive result from this test does not merely indicate a presumptive sign; rather, it is generally considered a definitive indicator of pregnancy due to the specificity of hCG detection. Moreover, the radioimmunoassay typically requires a blood sample rather than a urine sample, as it is primarily performed in clinical laboratories for more precise quantification of hCG levels. Overall, the emphasis on high accuracy shortly after ovulation is fundamental, as it guides both the timing of testing and the interpretation of results.