

Maternal Newborn Review (MNR) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2025 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain from reliable sources accurate, complete, and timely information about this product.

SAMPLE

Questions

SAMPLE

- 1. What role do enzymes secreted by the trophoblast play during implantation?**
 - A. They promote blood circulation.**
 - B. They digest the surface of the endometrium.**
 - C. They stimulate ovulation.**
 - D. They enhance fetal growth.**
- 2. Dangers associated with significant weight gain in pregnancy include which potential issue?**
 - A. Increased fetal movements**
 - B. Decreased risk of diabetes**
 - C. Chances of developing gestational hypertension**
 - D. Lower chances of cesarean delivery**
- 3. At what stage does the heart begin to beat and circulate blood?**
 - A. Conception.**
 - B. Embryonic Development.**
 - C. Fetal Development.**
 - D. Implantation.**
- 4. Which of the following topics should be included in anticipatory guidance for preconception?**
 - A. Tracking menstrual cycles for a year before attempting conception**
 - B. Health promotion and avoidance of risks for men**
 - C. Routine dental care and correcting periodontal disease**
 - D. Maintaining a BMI of 26% to 29%**
- 5. What is the primary focus of the Centering Pregnancy model for prenatal care?**
 - A. The nurse spending more time on complications of pregnancy**
 - B. Clients receiving one-on-one prenatal care**
 - C. Clients having increased social support**
 - D. Clients spending more time with the nurse during care**

- 6. Which of the following could be a possible cause of infertility for a couple visiting a fertility clinic?**
- A. The husband had radiation therapy last year for a cancerous tumor on his femur.**
 - B. The wife has a history of marathon running and has maintained a BMI of 21%.**
 - C. They both drink four to six beers a night, with an increase on weekends with friends.**
 - D. All of the above.**
- 7. If a woman is instructed to take 0.8 mg/day of folic acid, how many stock tablets of 0.4 mg should she take daily?**
- A. 1**
 - B. 2**
 - C. 3**
 - D. 4**
- 8. What is the recommended weight gain during pregnancy for a client of average weight?**
- A. 5-10 pounds**
 - B. 20-25 pounds**
 - C. 25-35 pounds**
 - D. 30-40 pounds**
- 9. What form of comfort can be helpful for a woman experiencing round ligament pain?**
- A. Cold compresses on the abdomen.**
 - B. Warm baths or compresses around the belly.**
 - C. Immediate hospitalization.**
 - D. Engaging in vigorous activity.**
- 10. What is the primary purpose of human chorionic gonadotropin during pregnancy?**
- A. To maintain the uterine lining**
 - B. To stimulate milk production**
 - C. To develop fetal organs**
 - D. To aid in maternal glucose metabolism**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What role do enzymes secreted by the trophoblast play during implantation?

- A. They promote blood circulation.**
- B. They digest the surface of the endometrium.**
- C. They stimulate ovulation.**
- D. They enhance fetal growth.**

The enzymes secreted by the trophoblast play a crucial role during the implantation process by digesting the surface of the endometrium. As the embryo approaches the uterine lining, these enzymes facilitate the invasion of the trophoblast into the endometrial tissue, allowing for proper attachment and integration of the embryo into the maternal uterine wall. This digestion is important because it creates a suitable environment for the embryo to implant successfully and receive the necessary nutrients and blood flow from the maternal system. Understanding the specific function of these enzymes highlights their essential role in the early stages of pregnancy. In contrast, promoting blood circulation, stimulating ovulation, or enhancing fetal growth do not directly pertain to the initial stages of implantation, which focus primarily on establishing a connection between the embryo and the uterine lining.

2. Dangers associated with significant weight gain in pregnancy include which potential issue?

- A. Increased fetal movements**
- B. Decreased risk of diabetes**
- C. Chances of developing gestational hypertension**
- D. Lower chances of cesarean delivery**

Significant weight gain during pregnancy is associated with various potential complications, and one of the primary concerns is the increased chances of developing gestational hypertension. This condition is characterized by high blood pressure that develops after the 20th week of pregnancy and can lead to serious health issues for both the mother and the baby, including preeclampsia, which is a more severe form of hypertension. Excessive weight gain can lead to increased stress on the cardiovascular system and may contribute to the body's difficulties in managing blood pressure. The physiological changes that occur during pregnancy, combined with excessive weight, can exacerbate the risk of hypertension. Managing weight gain within recommended guidelines is crucial for minimizing these risks and promoting a healthy pregnancy. The other potential issues listed do not accurately reflect the dangers of significant weight gain during pregnancy. For instance, an increase in fetal movements is not considered a complication of weight gain, decreased risk of diabetes is contrary to the evidence associating obesity with higher risk for gestational diabetes, and higher weight gain often correlates with increased rates of cesarean delivery rather than lower chances. Understanding these associations aids in emphasizing the importance of monitoring weight gain as part of prenatal care.

3. At what stage does the heart begin to beat and circulate blood?

A. Conception.

B. Embryonic Development.

C. Fetal Development.

D. Implantation.

The heart begins to beat and circulate blood during embryonic development. This stage occurs roughly between the 5th to 6th week of gestation, when the embryonic heart starts to form from mesodermal cells and eventually develops into a tubular structure. By this time, the heart has developed enough to initiate contractions and pump blood, which is essential for providing oxygen and nutrients to the rapidly developing embryo.

Conception refers to the very beginning of pregnancy, when the sperm fertilizes the egg, but there is no heart at this stage. Implantation occurs shortly after conception when the fertilized egg attaches to the uterine lining, but the circulatory system of the developing organism has not yet begun to function. Fetal development starts later in the pregnancy, typically recognized from about the 9th week, when the structures are further developed, but by this time, the heart has already started beating during the earlier embryonic stage. Thus, it is during embryonic development that the heart first becomes functional and circulates blood.

4. Which of the following topics should be included in anticipatory guidance for preconception?

A. Tracking menstrual cycles for a year before attempting conception

B. Health promotion and avoidance of risks for men

C. Routine dental care and correcting periodontal disease

D. Maintaining a BMI of 26% to 29%

Including health promotion and avoidance of risks for men in anticipatory guidance for preconception is essential because both partners play a critical role in conception and the health of a future pregnancy. Preconception care is not solely focused on the woman; men's health and behaviors directly impact fertility, pregnancy outcomes, and overall family health. This includes advising men to avoid smoking, excessive alcohol consumption, and illicit drugs, as well as encouraging a healthy diet and regular exercise, which can improve sperm quality and enhance their own health before conception. In contrast, tracking menstrual cycles may be beneficial, but it is primarily applicable to women, hence is less inclusive of preconception guidance for both parents. Routine dental care is important for overall health but is generally a more specific aspect of health maintenance rather than a primary concern of preconception counseling. Maintaining a BMI within the ordinary range is valuable for health, but a focus on a specific percentage doesn't encompass the broader health improvements and risk reductions associated with weight management in a preconception context. Therefore, the holistic view of health promotion is crucial when discussing preconception planning.

5. What is the primary focus of the Centering Pregnancy model for prenatal care?

- A. The nurse spending more time on complications of pregnancy**
- B. Clients receiving one-on-one prenatal care**
- C. Clients having increased social support**
- D. Clients spending more time with the nurse during care**

The primary focus of the Centering Pregnancy model for prenatal care is to enhance social support for clients during their pregnancy. This model emphasizes group-based care, where expectant mothers come together in a supportive environment to share experiences and learn from each other, guided by a healthcare provider. This approach not only fosters community but also strengthens social connections among participants, providing emotional and informational support, which is vital for a healthy pregnancy. While spending more time with a nurse, discussing complications, and offering one-on-one care can be components of prenatal visits, Centering Pregnancy distinctly prioritizes the benefits that arise from the collective support and shared experiences of the group. Each woman's experience is validated in a community setting, which can improve overall maternal health outcomes and enhance patient satisfaction. So, the focus is on creating a supportive network rather than merely increasing the time spent with healthcare providers.

6. Which of the following could be a possible cause of infertility for a couple visiting a fertility clinic?

- A. The husband had radiation therapy last year for a cancerous tumor on his femur.**
- B. The wife has a history of marathon running and has maintained a BMI of 21%.**
- C. They both drink four to six beers a night, with an increase on weekends with friends.**
- D. All of the above.**

Infertility in couples can arise from various factors, and the impact of radiation therapy on male reproductive health plays a significant role. In this case, the husband's recent radiation therapy for a cancerous tumor on his femur could affect his fertility due to potential damage to his testicular function, sperm production, or even hormonal balance. Radiation can lead to reduced sperm count and motility, making it more difficult for the couple to conceive. The other factors mentioned, while they can have implications for fertility, are not as direct as the effects of radiation therapy. For instance, high levels of alcohol consumption, as noted in the choice about the couple's drinking habits, can also negatively impact fertility by affecting hormone levels and sperm production in men, as well as ovulation and menstrual regularity in women. However, it is not as unequivocally linked to infertility as the consequences of radiation. Marathon running and maintaining a healthy BMI generally do not pose fertility risks unless they lead to severe energy deficits or menstrual irregularities. A BMI of 21 is typically considered healthy for most individuals and should not inherently cause infertility. In summary, the scenario relating to the husband's previous radiation therapy is a clear and recognized factor that could lead to infertility, making it

7. If a woman is instructed to take 0.8 mg/day of folic acid, how many stock tablets of 0.4 mg should she take daily?

- A. 1
- B. 2**
- C. 3
- D. 4

To determine the number of 0.4 mg folic acid tablets needed to achieve the prescribed daily dose of 0.8 mg, you can divide the total required dosage by the dosage per tablet. In this case, the total amount of folic acid needed is 0.8 mg. Each tablet contains 0.4 mg. When you divide 0.8 mg by 0.4 mg per tablet, you get: $0.8 \text{ mg} \div 0.4 \text{ mg/tablet} = 2$ tablets. Therefore, the woman needs to take 2 tablets of the 0.4 mg folic acid daily to meet her requirement of 0.8 mg. This calculation ensures she achieves the correct dosage for optimal health, particularly important in pregnancy for fetal development and to prevent neural tube defects.

8. What is the recommended weight gain during pregnancy for a client of average weight?

- A. 5-10 pounds
- B. 20-25 pounds
- C. 25-35 pounds**
- D. 30-40 pounds

The recommended weight gain during pregnancy for a client of average weight is 25-35 pounds. This guideline is based on the understanding that adequate weight gain is crucial for the health of both the mother and the developing fetus. During pregnancy, weight gain supports the growth and development of the baby, as well as the physiological changes occurring in the mother's body. For individuals with a pre-pregnancy body mass index (BMI) categorized as average (typically a BMI of 18.5 to 24.9), gaining 25-35 pounds is associated with positive outcomes, including reducing the risk of low birth weight and improving the chances of a healthy delivery. It's also important to note that these guidelines suggest that weight gain should be gradual, with most of the gain occurring in the second and third trimesters. This amount allows for the growth of the placenta, amniotic fluid, increased blood volume, and maternal fat reserves necessary for breastfeeding. By following this recommended range, healthcare providers can help ensure that both the mother and the infant have the best possible health outcomes throughout the pregnancy and beyond.

9. What form of comfort can be helpful for a woman experiencing round ligament pain?

- A. Cold compresses on the abdomen.**
- B. Warm baths or compresses around the belly.**
- C. Immediate hospitalization.**
- D. Engaging in vigorous activity.**

Warm baths or compresses around the belly can provide significant comfort for a woman experiencing round ligament pain. Round ligament pain often occurs as the uterus expands and the ligaments that support it stretch. This stretching can result in sharp or stabbing pains, commonly felt on the sides of the abdomen. Applying warmth to the affected area helps to relax the muscles and ligaments, alleviating the discomfort. Heat can increase blood flow, which can help to soothe the painful area and promote relaxation, making it a widely recommended form of relief during pregnancy. The other options would not be beneficial for managing round ligament pain. Cold compresses can be more appropriate for swelling or bruising rather than for stretching discomfort. Immediate hospitalization is not warranted for round ligament pain, as it is generally a common and benign issue that does not require such a drastic measure. Engaging in vigorous activity could exacerbate the pain by further stressing the ligaments, rather than providing relief. Thus, warmth is the optimal choice for comfort in this situation.

10. What is the primary purpose of human chorionic gonadotropin during pregnancy?

- A. To maintain the uterine lining**
- B. To stimulate milk production**
- C. To develop fetal organs**
- D. To aid in maternal glucose metabolism**

The primary purpose of human chorionic gonadotropin (hCG) during pregnancy is to maintain the uterine lining. This hormone is produced by the developing placenta soon after implantation and plays a crucial role in signaling the ovaries to continue producing progesterone. Progesterone is essential for sustaining the uterine lining and preventing menstruation, allowing the embryo to develop without interruption. hCG levels are often measured in pregnancy tests, as its presence indicates that the body is supporting an early pregnancy. While hCG does have other roles and effects, such as contributing to the developmental processes throughout pregnancy, its critical function in maintaining the uterine lining is what sustains the early stages of pregnancy and supports the implantation process. This hormonal signaling helps create a suitable environment for the embryo to grow and thrive, making it a key player in the early days of gestation.