

# NACE Care of Childbearing Family Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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**SAMPLE**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## **Questions**

- 1. Which laboratory result during pregnancy would necessitate further assessment?**
  - A. Normal blood glucose level**
  - B. Rubella titer of 1:33**
  - C. Low iron levels**
  - D. Elevated cholesterol levels**
- 2. What change during pregnancy explains the decline in hemoglobin levels for a patient observed at 30 weeks gestation?**
  - A. Decrease in total body water**
  - B. Increase in maternal blood volume**
  - C. Increase in red blood cell production**
  - D. Dehydration from insufficient nutrition**
- 3. What is the link between maternal nutrition and fetal development?**
  - A. Adequate nutrition is essential for healthy growth and development**
  - B. Nutrition has minimal effects**
  - C. Only specific nutrients are necessary**
  - D. Fetal health is independent of maternal diet**
- 4. Which virus is responsible for condylomata, or genital warts?**
  - A. Herpes simplex virus**
  - B. Human papillomavirus (HPV)**
  - C. HIV**
  - D. Hepatitis B virus**
- 5. What might a nurse expect to monitor closely in a patient receiving terbutaline?**
  - A. Fetal heart rate.**
  - B. Maternal heart rate and signs of tachycardia.**
  - C. Fluid intake.**
  - D. The presence of meconium in the amniotic fluid.**



- 6. Which nursing action is critical after the delivery of a client who had an episiotomy?**
- A. Assess for signs of infection**
  - B. Apply an abdominal binder**
  - C. Encourage proper perineal hygiene**
  - D. Monitor for urinary retention**
- 7. What is the primary purpose of prenatal ultrasound?**
- A. To monitor the mother's blood pressure**
  - B. To assess fetal development, confirm due date, and check for potential abnormalities**
  - C. To identify maternal weight gain**
  - D. To recommend a birthing position**
- 8. What are some common signs of labor?**
- A. Irregular contractions, headache, and fatigue**
  - B. Regular contractions, bloody show, and water breaking**
  - C. Nausea, insomnia, and swelling**
  - D. Anxiety, shortness of breath, and increased appetite**
- 9. Which hormone is primarily responsible for the onset of labor?**
- A. Estrogen**
  - B. Progesterone**
  - C. Oxytocin**
  - D. Relaxin**
- 10. What is a common side effect of epidural anesthesia?**
- A. Nausea and vomiting**
  - B. Itching and headache**
  - C. Excessive energy**
  - D. Visual disturbances**

## **Answers**

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

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## **Explanations**

**1. Which laboratory result during pregnancy would necessitate further assessment?**

- A. Normal blood glucose level**
- B. Rubella titer of 1:33**
- C. Low iron levels**
- D. Elevated cholesterol levels**

A rubella titer of 1:33 indicates a need for further assessment because it suggests a potentially insufficient immune response to the rubella virus. In pregnancy, achieving adequate immunity to rubella is crucial since maternal infection during the first trimester can lead to severe congenital defects in the fetus. Standard practice typically expects a titer of 1:10 or higher to signify immunity. Therefore, a titer of 1:33 must be evaluated to determine if additional immunization is needed, particularly if the mother is not already immune. In comparison, a normal blood glucose level indicates that the mother is not experiencing gestational diabetes at that point in time, and while low iron levels can suggest anemia, they do not carry the same immediate risk of impacting the fetus as rubella does. Elevated cholesterol levels can occur during pregnancy due to physiological changes and might not necessitate immediate concern unless accompanied by other risk factors. Thus, the rubella titer stands out as the result most requiring further evaluation.

**2. What change during pregnancy explains the decline in hemoglobin levels for a patient observed at 30 weeks gestation?**

- A. Decrease in total body water**
- B. Increase in maternal blood volume**
- C. Increase in red blood cell production**
- D. Dehydration from insufficient nutrition**

During pregnancy, there is a significant increase in maternal blood volume, which is the key factor that explains the decline in hemoglobin levels observed in a patient at 30 weeks gestation. This increase in blood volume is necessary to support the growing fetus and placenta, ensuring adequate blood flow and nutrient delivery to the developing baby. As blood volume increases, the amount of plasma expands significantly more than the increase in red blood cell mass. This phenomenon is referred to as "physiologic hemodilution." While the body does produce more red blood cells in response to the increased demand for oxygen transport, the rise in plasma volume is proportionally greater, leading to a dilution effect that results in lower hemoglobin concentrations in the maternal blood. This is a normal adaptation during pregnancy and can sometimes lead to a condition known as "physiologic anemia of pregnancy," which is not typically concerning unless hemoglobin levels fall too low. Recognizing this is crucial for healthcare providers as they monitor maternal and fetal health throughout pregnancy. In contrast, a decrease in total body water, dehydration from insufficient nutrition, or an insufficient increase in red blood cell production would not explain the observed decline in hemoglobin levels in the same context of a healthy pregnancy. Understanding the dynamics

**3. What is the link between maternal nutrition and fetal development?**

**A. Adequate nutrition is essential for healthy growth and development**

**B. Nutrition has minimal effects**

**C. Only specific nutrients are necessary**

**D. Fetal health is independent of maternal diet**

Adequate nutrition is essential for healthy growth and development during pregnancy because the fetus relies entirely on the mother for all necessary nutrients. Proper nutrition supports the formation of vital organs, tissues, and systems, ensuring that the fetus develops optimally. Key nutrients such as folic acid, iron, calcium, and essential fatty acids play critical roles in cellular development, neural tube formation, and overall fetal health. Research has consistently shown that deficiencies or imbalances in maternal nutrition can lead to various complications, including low birth weight, developmental delays, and increased risk for chronic diseases later in life. Furthermore, maternal nutrition impacts placental health, which is crucial for sustaining a growing fetus. Therefore, the quality and adequacy of maternal nutrition directly influence fetal outcomes, highlighting the importance of a well-balanced and nutrient-rich diet during pregnancy.

**4. Which virus is responsible for condylomata, or genital warts?**

**A. Herpes simplex virus**

**B. Human papillomavirus (HPV)**

**C. HIV**

**D. Hepatitis B virus**

The virus responsible for condylomata, or genital warts, is human papillomavirus (HPV). HPV is a group of more than 200 related viruses, some of which are classified as low-risk and can lead to the development of benign growths such as warts. Among these, types 6 and 11 are the most commonly associated with external genital warts and condylomata. This connection is significant because while other viruses may cause different conditions or infections, HPV specifically relates to the formation of genital warts, making it central to understanding sexually transmitted infections and their manifestations. Therefore, identifying HPV as the cause of condylomata highlights its impact on sexual health and underscores the importance of HPV vaccination in preventing the spread of these warts and associated cancers.

**5. What might a nurse expect to monitor closely in a patient receiving terbutaline?**

**A. Fetal heart rate.**

**B. Maternal heart rate and signs of tachycardia.**

**C. Fluid intake.**

**D. The presence of meconium in the amniotic fluid.**

In a patient receiving terbutaline, the primary focus is on monitoring the maternal heart rate and signs of tachycardia. Terbutaline is a beta-agonist that is often used to manage preterm labor by relaxing uterine muscles. However, one of the side effects of this medication is that it can also stimulate the cardiovascular system, leading to increased maternal heart rate (tachycardia). This can pose risks such as palpitations and potential cardiovascular strain, so it's critical for the nurse to observe the mother for any signs of tachycardia. Additionally, it's important to monitor the impact of terbutaline on the mother's overall cardiovascular status, as significant tachycardia could lead to adverse outcomes if not managed appropriately. Monitoring maternal heart rate allows for timely interventions if the heart rate becomes too elevated. This focus on maternal vital signs is essential for ensuring both maternal and fetal safety during treatment. While monitoring fetal heart rate, fluid intake, or meconium presence are important in the broader context of labor management and fetal well-being, they are not the immediate priorities in the context of terbutaline administration. Thus, prioritizing maternal heart rate and tachycardia symptoms ensures that the primary concerns associated with the

**6. Which nursing action is critical after the delivery of a client who had an episiotomy?**

**A. Assess for signs of infection**

**B. Apply an abdominal binder**

**C. Encourage proper perineal hygiene**

**D. Monitor for urinary retention**

Encouraging proper perineal hygiene is essential after the delivery of a client who had an episiotomy for several reasons. The perineal area is particularly vulnerable to infection and complications following surgical intervention during childbirth. Helping the client maintain good hygiene can significantly decrease the risk of infection at the surgical site, promote healing, and enhance overall comfort. Proper perineal care involves instructing the client to clean the area gently with warm water after using the toilet and to use sanitary pads that are changed frequently. This care helps to keep the area dry and clean, which is vital for recovery. Additionally, hygiene practices can alleviate discomfort associated with an episiotomy, allowing the client to focus on recovery and bonding with their newborn. While monitoring for signs of infection, applying an abdominal binder, and observing for urinary retention are also important nursing actions in postpartum care, they are not as immediate or critical as facilitating proper hygiene in the context of an episiotomy. Maintaining perineal hygiene serves as a proactive measure to prevent complications, which is why it is considered the most important action in this scenario.

## 7. What is the primary purpose of prenatal ultrasound?

- A. To monitor the mother's blood pressure
- B. To assess fetal development, confirm due date, and check for potential abnormalities**
- C. To identify maternal weight gain
- D. To recommend a birthing position

The primary purpose of prenatal ultrasound is to assess fetal development, confirm the due date, and check for potential abnormalities. This imaging technique allows healthcare providers to visualize the fetus and monitor various aspects of its growth and well-being throughout the pregnancy. Ultrasounds are typically used to ensure that the fetus is developing appropriately, which includes checking for the heartbeat, measuring the size of the fetus, and determining the amount of amniotic fluid present. By confirming the due date, ultrasound helps in planning the care and management of the pregnancy. Additionally, ultrasounds can identify potential concerns early on, such as structural abnormalities or multiple pregnancies. This ability to provide crucial information about the fetus's health is what makes prenatal ultrasound an essential component of prenatal care.

## 8. What are some common signs of labor?

- A. Irregular contractions, headache, and fatigue
- B. Regular contractions, bloody show, and water breaking**
- C. Nausea, insomnia, and swelling
- D. Anxiety, shortness of breath, and increased appetite

Regular contractions, bloody show, and water breaking are key indicators of the onset of labor. As labor approaches, women typically experience consistent contractions that intensify and become more frequent over time. These contractions are a sign that the body is preparing for delivery as the cervix begins to dilate and efface. The term "bloody show" refers to the expulsion of the mucus plug that seals the cervix during pregnancy. This plug may be tinged with blood and is often an indication that the body is nearing labor, as it signifies changes in the cervical tissue and readiness for childbirth. Additionally, the term "water breaking" refers to the rupture of the amniotic sac, releasing fluid that cushions the baby. This event often indicates that labor is imminent or has already begun. Together, these signs signal that the body is preparing for the delivery process, making them critical to recognizing the onset of labor. Other options provided do not accurately reflect the physiological signs of labor, either including symptoms that are not associated with labor or conditions that may arise due to other factors unrelated to the delivery process.



**9. Which hormone is primarily responsible for the onset of labor?**

- A. Estrogen**
- B. Progesterone**
- C. Oxytocin**
- D. Relaxin**

Oxytocin is the hormone primarily responsible for the onset of labor. It plays a critical role in stimulating uterine contractions, which are essential for the process of childbirth. As labor approaches, the levels of oxytocin increase in the mother's body, leading to stronger and more frequent contractions. This increase in contractions helps to facilitate the dilation of the cervix and the eventual birth of the baby. Additionally, oxytocin is released in response to the stretching of the cervix and uterus, reinforcing a positive feedback loop that propels labor forward. Its action is so pivotal that synthetic forms of oxytocin are often administered in medical settings to induce or augment labor when needed. Understanding the role of oxytocin helps highlight its significance during the labor process, distinguishing it clearly from other hormones involved in pregnancy which serve different functions. For example, estrogen plays a role in preparing the body for labor by enhancing uterine responsiveness to oxytocin, while progesterone helps maintain pregnancy and inhibits uterine contractions during the early stages. Relaxin is involved in softening the cervix and relaxing pelvic ligaments, also aiding in the preparation for labor but not directly initiating it. Thus, oxytocin stands out as the crucial hormone that triggers labor onset.

**10. What is a common side effect of epidural anesthesia?**

- A. Nausea and vomiting**
- B. Itching and headache**
- C. Excessive energy**
- D. Visual disturbances**

The choice highlighting itching and headache accurately identifies common side effects associated with epidural anesthesia. The use of epidurals during labor is a popular method for pain management, and while it is effective in alleviating pain, it can lead to specific adverse effects. Itching occurs due to the opioids that may be administered through the epidural, as they can trigger histamine release in the body. This response is not uncommon and can range from mild to more pronounced. Additionally, headaches can arise as a result of dural puncture, which occurs if the needle inadvertently perforates the dural membrane during the procedure. This can lead to a condition known as a post-dural puncture headache, characterized by a severe, throbbing headache that typically worsens when sitting or standing. Considering this context, the symptoms of itching and headache are well-documented in patients receiving epidural anesthesia, making this choice the most aligned with known side effects of this practice. The other options listed do not commonly correlate with this form of anesthesia, highlighting why this selection stands out in the context of discussed side effects.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://nacecareofchildbearingfamily.examzify.com>**

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