

NACE CARE OF CHILDBEARING FAMILY PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://nacecareofchildbearingfamily.examzify.com>



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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

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- 1. Which of the following is a common recommendation for pregnant women regarding caffeine consumption?**
 - A. It should be completely avoided
 - B. It should be limited to small amounts
 - C. It can be consumed freely
 - D. It is encouraged for energy

- 2. A 22-week pregnant client expresses self-care knowledge. Which statement indicates that the client needs further teaching?**
 - A. "I have started to do nipple stimulation."
 - B. "I will increase my water intake."
 - C. "I plan to attend all prenatal visits."
 - D. "I will monitor my weight weekly."

- 3. What is the best approach for a nurse to take regarding patient education about fetal development?**
 - A. Focus solely on common complications
 - B. Include information about nutrition and prenatal care
 - C. Provide only basic information on gestational age
 - D. Discuss risks without solutions

- 4. What is the purpose of prenatal vitamins?**
 - A. To provide essential nutrients that support a healthy pregnancy
 - B. To replace regular meals during pregnancy
 - C. To enhance the mother's physical appearance
 - D. To prevent morning sickness

- 5. What are the three stages of labor?**
 - A. Early labor, Active labor, and Transition
 - B. First stage (dilation), Second stage (delivery), and Third stage (placental delivery)
 - C. Latent phase, Active phase, and Delivery
 - D. Cervical dilation, Fetal descent, and Expulsion of placenta

- 6. How can pelvic floor exercises affect labor?**
- A. They can make labor easier and recovery faster
 - B. They have no effect on labor
 - C. They increase labor pain
 - D. They can lead to longer labor duration
- 7. In planning the postpartum care of a multipara, what factor must a nurse consider?**
- A. History of cesarean deliveries
 - B. Frequent uterine fundal assessments
 - C. Need for lactation support
 - D. Risk of infection
- 8. Which patient is at an increased risk for ectopic pregnancy?**
- A. A 30-year-old with no previous pregnancies
 - B. A 23-year-old primigravida with endometriosis
 - C. A 28-year-old with a history of multiple abortions
 - D. A 35-year-old with a history of pelvic inflammatory disease
- 9. What condition is characterized by severe and persistent nausea and vomiting during pregnancy?**
- A. Gestational diabetes
 - B. Hyperemesis gravidarum
 - C. Preeclampsia
 - D. Placenta previa
- 10. 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

Answers

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

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Explanations

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1. Which of the following is a common recommendation for pregnant women regarding caffeine consumption?

- A. It should be completely avoided
- B. It should be limited to small amounts**
- C. It can be consumed freely
- D. It is encouraged for energy

The recommendation to limit caffeine consumption to small amounts during pregnancy is based on research that suggests excessive caffeine intake may be linked to negative outcomes for both the mother and the developing fetus. While there is no consensus on a definitive safe amount, many health organizations, including the American College of Obstetricians and Gynecologists, suggest that moderate caffeine intake, typically defined as around 200 milligrams per day (about one 12-ounce cup of coffee), is considered safe for pregnant women. This guidance acknowledges that caffeine can cross the placenta and may affect fetal development, particularly in relation to heart rate and metabolism. Limiting caffeine rather than avoiding it completely allows pregnant women to enjoy certain caffeinated beverages in moderation while minimizing potential risks. This balanced approach helps address concerns about caffeine's effects without imposing overly restrictive guidelines that could lead to increased consumption of other less healthy options.

2. A 22-week pregnant client expresses self-care knowledge. Which statement indicates that the client needs further teaching?

- A. "I have started to do nipple stimulation."**
- B. "I will increase my water intake."
- C. "I plan to attend all prenatal visits."
- D. "I will monitor my weight weekly."

The statement about having started nipple stimulation indicates a need for further teaching. Nipple stimulation is often advised during the later stages of pregnancy, specifically when the goal is to help initiate labor, as it can cause contractions. At 22 weeks pregnant, the client is still in the second trimester, and initiating nipple stimulation at this point may not be appropriate or beneficial. In contrast, increasing water intake is a positive action for hydration and can help prevent complications like dehydration and urinary tract infections during pregnancy. Planning to attend all prenatal visits is crucial for monitoring the health of both the mother and the developing fetus, ensuring that any potential issues can be addressed in a timely manner. Monitoring weight can be an important aspect of managing a healthy pregnancy and understanding growth patterns, although the frequency should follow the healthcare provider's recommendations rather than being a self-imposed weekly task. Overall, the statement regarding nipple stimulation is the one that indicates a misunderstanding of appropriate self-care practices during the second trimester of pregnancy.

3. What is the best approach for a nurse to take regarding patient education about fetal development?

- A. Focus solely on common complications
- B. Include information about nutrition and prenatal care**
- C. Provide only basic information on gestational age
- D. Discuss risks without solutions

The optimal approach for nursing education about fetal development involves providing comprehensive information that encompasses various aspects of pregnancy, with a strong emphasis on nutrition and prenatal care. This ensures that expectant mothers have a well-rounded understanding of how their choices directly impact fetal health and development. Nutritional education plays a crucial role because it helps parents understand the significance of a balanced diet rich in essential nutrients, which are vital for fetal growth, brain development, and overall health. Additionally, discussing prenatal care reinforces the importance of regular medical check-ups, screenings, and vaccinations that can detect potential issues early and promote a healthy pregnancy. By combining this information, nurses empower parents with knowledge that supports healthier pregnancy outcomes and enhances their overall readiness for the challenges of parenthood. This holistic approach is far more beneficial than focusing solely on complications, providing only basic information, or discussing risks without presenting viable solutions.

4. What is the purpose of prenatal vitamins?

- A. To provide essential nutrients that support a healthy pregnancy**
- B. To replace regular meals during pregnancy
- C. To enhance the mother's physical appearance
- D. To prevent morning sickness

Prenatal vitamins are specifically formulated to support the nutritional needs of a pregnant individual. They provide essential nutrients that are crucial during pregnancy, such as folic acid, iron, calcium, and DHA. Folic acid is especially important as it helps in the prevention of neural tube defects in the developing fetus. Iron supports increased blood volume and helps prevent anemia, while calcium is vital for the development of the baby's bones and teeth. These vitamins are intended to complement a balanced diet, ensuring that both the mother and baby receive adequate nutrition during this critical time. While other options may include aspects that seem beneficial, they do not accurately reflect the primary goal of prenatal vitamins, which is to contribute to a healthy pregnancy by meeting specific nutritional requirements.

5. What are the three stages of labor?

- A. Early labor, Active labor, and Transition
- B. First stage (dilation), Second stage (delivery), and Third stage (placental delivery)**
- C. Latent phase, Active phase, and Delivery
- D. Cervical dilation, Fetal descent, and Expulsion of placenta

The three stages of labor include the first stage, which is focused on dilation of the cervix, the second stage where the actual delivery of the baby occurs, and the third stage which involves the delivery of the placenta. During the first stage, the cervix dilates and effaces in preparation for the baby's passage through the birth canal. This stage can be further categorized into phases (latent, active, and transition), but fundamentally, it represents the entire process of cervical changes leading up to complete dilation. The second stage begins once the cervix is fully dilated and continues until the baby is born. This stage is characterized by strong contractions and the mother's urge to push, culminating in the expulsion of the baby. Finally, the third stage involves the separation and delivery of the placenta, which is critical to conclude the process of childbirth safely. Understanding this framework is essential for comprehensively grasping the birthing process and preparing for the various phases involved in childbirth. Additionally, this delineation helps healthcare providers in monitoring labor progression effectively.

6. How can pelvic floor exercises affect labor?

- A. They can make labor easier and recovery faster**
- B. They have no effect on labor
- C. They increase labor pain
- D. They can lead to longer labor duration

Pelvic floor exercises, often referred to as Kegel exercises, strengthen the muscles of the pelvic floor, which can have multiple beneficial effects during labor and delivery. By improving the tone and strength of these muscles, pelvic floor exercises can enhance a woman's ability to control her muscles during childbirth, potentially leading to a more effective pushing phase. Furthermore, a stronger pelvic floor can contribute to better fetal positioning and may help prevent complications, thereby making the labor process smoother. Additionally, regular practice of these exercises may lead to less trauma and injury to the pelvic area during delivery, which can facilitate a quicker recovery postpartum. In contrast, options suggesting that these exercises have no effect or negatively impact labor do not reflect the established benefits of strengthening pelvic muscles for childbirth. Studies typically support the idea that proper exercise can enhance labor outcomes, making the correct answer highlight the positive influence that pelvic floor exercises can have during this critical time.

7. In planning the postpartum care of a multipara, what factor must a nurse consider?

- A. History of cesarean deliveries
- B. Frequent uterine fundal assessments**
- C. Need for lactation support
- D. Risk of infection

In planning postpartum care for a multipara, the necessity for frequent uterine fundal assessments is vital. This practice is crucial as it helps in monitoring the involution of the uterus after delivery and ensuring that the fundus is descending appropriately. In multipara women, who have had multiple pregnancies, the uterus may not contract as effectively as it does in primipara women, increasing the risk for conditions such as uterine atony, hemorrhage, or retained placental fragments. Regularly assessing the uterine fundus allows the nurse to intervene promptly if any complications arise, thereby enhancing maternal safety and recovery. This focus on the physiological changes post-delivery is particularly critical in the postpartum period. While factors such as history of cesarean deliveries, need for lactation support, and risk of infection are all relevant in a comprehensive postpartum care plan, the immediate priority in assessing the ongoing health of the multipara must center on the condition of the uterus. Proper fundal assessment is a key indicator of postpartum well-being and meticulousity in this area can preemptively address more significant health issues.

8. Which patient is at an increased risk for ectopic pregnancy?

- A. A 30-year-old with no previous pregnancies
- B. A 23-year-old primigravida with endometriosis**
- C. A 28-year-old with a history of multiple abortions
- D. A 35-year-old with a history of pelvic inflammatory disease

The patient most at risk for ectopic pregnancy in this scenario is the one who is a primigravida with endometriosis. Endometriosis is a condition where tissue similar to the lining inside the uterus grows outside it, which can lead to scarring and adhesions in the pelvic region. These changes can affect the normal function of the fallopian tubes, which are crucial for the transport of the fertilized egg to the uterus. If the fallopian tubes are blocked or damaged due to endometriosis, there is an increased likelihood that an embryo may implant outside the uterus, leading to an ectopic pregnancy. Also, when considering the factors involved, a history of one or more conditions affecting the reproductive organs (like endometriosis) significantly raises the risk of complications such as ectopic pregnancy compared to mere age or past reproductive history alone. In this case, while increased age, multiple abortions, and other past reproductive conditions can play a role in reproductive risk, the specific implications of endometriosis make the second patient's situation particularly concerning for ectopic pregnancy.

9. What condition is characterized by severe and persistent nausea and vomiting during pregnancy?

- A. Gestational diabetes
- B. Hyperemesis gravidarum**
- C. Preeclampsia
- D. Placenta previa

Hyperemesis gravidarum is a condition marked by severe and persistent nausea and vomiting that can significantly impact a pregnant individual's health and quality of life. Unlike typical morning sickness, which is common during the first trimester and generally resolves as pregnancy progresses, hyperemesis gravidarum can lead to dehydration, electrolyte imbalances, and weight loss due to the inability to keep food and liquids down. This condition typically requires medical intervention, such as intravenous fluids and medications to control nausea, to ensure both the mother's and baby's well-being. The diagnosis is often made when vomiting is excessive enough to prevent adequate nutrition and hydration. Awareness of this condition's severity is crucial for managing prenatal care effectively and providing the required support for those experiencing it during pregnancy. Gestational diabetes, preeclampsia, and placenta previa are all distinct pregnancy-related conditions with different symptoms and implications, and they do not primarily revolve around the severe nausea and vomiting observed in hyperemesis gravidarum. Understanding this specificity helps in accurate diagnosis and timely treatment within obstetric care.

10. 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

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://nacecareofchildbearingfamily.examzify.com>

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

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