

# NCLEX Antepartum and Intrapartum 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**

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- 1. What early sign might indicate hypovolemic shock in a pregnant client with severe uterine bleeding?**
  - A. Low blood pressure**
  - B. Restlessness and agitation**
  - C. Increased heart rate**
  - D. Pale skin color**
  
- 2. When teaching a pregnant client about nutrition, what is a critical point the nurse should emphasize?**
  - A. The mother's weight does not affect fetal growth**
  - B. Fetal development is not influenced by maternal nutrition**
  - C. The nutritional status of the mother significantly influences fetal growth and development**
  - D. Pregnant women require no changes in diet**
  
- 3. What does the term "quicken" refer to in pregnancy?**
  - A. The process of labor beginning**
  - B. The feeling of fetal movement by the mother**
  - C. The formation of the placenta**
  - D. The dilation of the cervix**
  
- 4. What is an appropriate nursing intervention for a client experiencing anxiety during labor?**
  - A. Encouraging deep breathing exercises**
  - B. Providing medication immediately**
  - C. Isolating the client to reduce distractions**
  - D. Rushing to assess fetal distress**
  
- 5. Which statement by a pregnant client at week 18 of pregnancy indicates a need for further investigation?**
  - A. "I'm feeling healthier than ever."**
  - B. "I don't like my face anymore. I always look like I have been crying."**
  - C. "I'm excited about the new baby."**
  - D. "I sleep well every night."**

**6. What concern should the nurse prioritize for a primigravida client diagnosed with a urinary tract infection?**

- A. Fatigue from the infection**
- B. Fears about the safety of the fetus**
- C. Difficulty sleeping**
- D. Appetite changes**

**7. What is the reason for an increased pulse rate in a pregnant client during the second trimester?**

- A. Anxiety and stress**
- B. A normal physiological change**
- C. Dehydration effects**
- D. Possible cardiac complications**

**8. What is the purpose of performing passive range of motion exercises for a pregnant client on bedrest?**

- A. To prevent muscle atrophy**
- B. To promote fetal movement**
- C. To reduce weight gain**
- D. To assist with sleep**

**9. Which instruction is the priority for a pregnant client with diabetes mellitus?**

- A. How to manage daily glucose testing**
- B. How to check for signs of hypoglycemia and the required treatment**
- C. How to choose appropriate snacks**
- D. How to count carbohydrates in meals**

**10. Which assessment finding would be most concerning for a nurse assessing a woman suspected of having abruptio placentae?**

- A. Low fetal heart rate**
- B. Normal abdominal tenderness**
- C. High levels of anxiety**
- D. Moderate abdominal pain**

## **Answers**

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

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## **Explanations**

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**1. What early sign might indicate hypovolemic shock in a pregnant client with severe uterine bleeding?**

- A. Low blood pressure**
- B. Restlessness and agitation**
- C. Increased heart rate**
- D. Pale skin color**

In the context of hypovolemic shock, particularly in a pregnant client experiencing severe uterine bleeding, restlessness and agitation can be early indicators of inadequate tissue perfusion and decreased oxygenation. These symptoms arise because the body is attempting to compensate for the loss of blood volume. As the condition progresses, this compensatory response can manifest as restlessness, showing the body's heightened state of awareness about the critical situation. While other signs such as low blood pressure, increased heart rate, and pale skin color are also important indicators of hypovolemic shock, they typically develop as the situation progresses. Early manifestations, like restlessness and agitation, can occur before significant changes in blood pressure or heart rate. Therefore, it is crucial for healthcare providers to monitor these psychological and physical responses, as they can signify that the client is moving toward a more severe state of shock. Recognizing these early signs allows for timely intervention, improving outcomes for both the mother and the fetus.

**2. When teaching a pregnant client about nutrition, what is a critical point the nurse should emphasize?**

- A. The mother's weight does not affect fetal growth**
- B. Fetal development is not influenced by maternal nutrition**
- C. The nutritional status of the mother significantly influences fetal growth and development**
- D. Pregnant women require no changes in diet**

The nutritional status of the mother significantly influences fetal growth and development. This statement emphasizes the crucial connection between maternal nutrition and the overall health of the developing fetus. Adequate nutrition provides essential vitamins, minerals, and macronutrients that support the physiological changes in pregnancy, promote optimal fetal growth, and reduce the risk of complications such as low birth weight or developmental issues. During pregnancy, the demand for certain nutrients increases, including folic acid, iron, calcium, and proteins. These nutrients are vital for processes such as cell division and tissue growth in the fetus. Poor maternal nutrition can lead to deficiencies that adversely affect both the mother and the baby, highlighting the importance of a balanced diet that meets the increased nutritional needs during pregnancy. Acknowledging the mother's nutritional requirements and promoting healthy eating not only supports fetal health but also prepares the mother for lactation and recovery postpartum.

### 3. What does the term "quicken" refer to in pregnancy?

- A. The process of labor beginning
- B. The feeling of fetal movement by the mother**
- C. The formation of the placenta
- D. The dilation of the cervix

The term "quicken" specifically refers to the sensation experienced by a pregnant woman when she first perceives fetal movement. This generally occurs between the 16th and 25th weeks of pregnancy and is an important milestone in prenatal care, as it provides a physical confirmation of the fetus developing inside the uterus. It's a significant moment for many expectant mothers, often enhancing their emotional connection to the fetus. The other options are related to different aspects of pregnancy and childbirth. The beginning of labor involves various physiological changes that lead to the onset of contractions and cervical changes, which is distinct from the personal experience of fetal movement. The formation of the placenta occurs early in pregnancy and is crucial for sustaining the fetus, but it is not related to the feeling of movement. Lastly, dilation of the cervix is a process that takes place later in pregnancy, specifically in preparation for childbirth, and does not pertain to the mother's perception of fetal activity.

### 4. What is an appropriate nursing intervention for a client experiencing anxiety during labor?

- A. Encouraging deep breathing exercises**
- B. Providing medication immediately
- C. Isolating the client to reduce distractions
- D. Rushing to assess fetal distress

Encouraging deep breathing exercises is an effective intervention for a client experiencing anxiety during labor because it helps promote relaxation and reduces tension. Deep breathing allows the laboring woman to focus on her breath, which can help calm her mind and body during a potentially intense and overwhelming experience. This technique can also contribute to better oxygenation for both the mother and the fetus, creating a more favorable environment for labor. Engaging in deep breathing can also empower the client, giving her a sense of control over the situation. This approach aligns well with the holistic care model in nursing, where emotional support is as essential as physical care. On the other hand, providing medication immediately may not be suitable unless there is a clear indication of a medical necessity and a healthcare provider's order. Isolation might increase feelings of anxiety rather than alleviate them, as social support is often beneficial during labor. Rushing to assess fetal distress could induce panic and escalate the client's anxiety rather than provide the calm and supportive environment needed for labor.

**5. Which statement by a pregnant client at week 18 of pregnancy indicates a need for further investigation?**

- A. "I'm feeling healthier than ever."
- B. "I don't like my face anymore. I always look like I have been crying."**
- C. "I'm excited about the new baby."
- D. "I sleep well every night."

The statement expressing dissatisfaction with one's appearance, particularly stating, "I don't like my face anymore. I always look like I have been crying," reveals potential emotional or psychological distress that warrants further investigation. During pregnancy, especially around the 18th week, hormonal changes can lead to various physical transformations, which might affect a woman's self-perception. Concerns about one's appearance that are accompanied by feelings of sadness or low self-worth can indicate issues such as prenatal depression or anxiety. These conditions may not only impact the mother's well-being but can also affect fetal development and postpartum adjustment. In contrast, the other statements reflect more typical and positive experiences of pregnancy. Feeling healthier than ever and expressing excitement about the upcoming baby are signs of a positive emotional state. Additionally, the admission of sleeping well aligns with good physical and mental health, which is critical during pregnancy. Hence, the concern expressed in the selected statement stands out as needing further assessment to ensure both the mother's and the baby's health.

**6. What concern should the nurse prioritize for a primigravida client diagnosed with a urinary tract infection?**

- A. Fatigue from the infection
- B. Fears about the safety of the fetus**
- C. Difficulty sleeping
- D. Appetite changes

The priority concern for a primigravida client diagnosed with a urinary tract infection is the safety of the fetus. Infections during pregnancy can lead to various complications, including preterm labor, low birth weight, and the possibility of ascending infection affecting both the mother and fetus. Therefore, addressing the client's fears and ensuring the well-being of the fetus is crucial. While fatigue, difficulty sleeping, and appetite changes are valid concerns that can impact the mother's overall health during pregnancy, they do not pose as immediate risks to fetal safety. Addressing fears regarding the safety of the fetus allows the nurse to provide education, reassurance, and appropriate interventions to mitigate risks and promote both maternal and fetal health.

**7. What is the reason for an increased pulse rate in a pregnant client during the second trimester?**

- A. Anxiety and stress**
- B. A normal physiological change**
- C. Dehydration effects**
- D. Possible cardiac complications**

During the second trimester of pregnancy, an increased pulse rate is a normal physiological change that occurs as the body adapts to the demands of both the mother and the developing fetus. As pregnancy progresses, the blood volume in a woman's body increases significantly, needing the heart to pump more blood to supply the necessary nutrients and oxygen to the fetus. This increased blood volume requires the heart to work harder and results in a naturally elevated heart rate. The cardiovascular system undergoes various adaptations during pregnancy, including increased cardiac output and changes in blood flow distribution. The body adjusts to these demands by increasing the pulse rate to maintain adequate circulation and ensure that both the mother and fetus remain healthy. Although anxiety and stress can lead to an increased pulse, during the second trimester, the pulse rate increase is more influenced by these cardiovascular changes. Additionally, dehydration might cause a rise in heart rate, but it is not a primary cause in an otherwise healthy pregnant individual. Cardiac complications can also manifest as changes in the pulse rate, but they would typically be accompanied by additional signs and symptoms that warrant further investigation. Thus, the primary reason for the increased pulse rate during this stage of pregnancy is the normal physiological response to the changes taking place in the body to support both the mother and the fetus.

**8. What is the purpose of performing passive range of motion exercises for a pregnant client on bedrest?**

- A. To prevent muscle atrophy**
- B. To promote fetal movement**
- C. To reduce weight gain**
- D. To assist with sleep**

Performing passive range of motion exercises for a pregnant client on bedrest primarily serves the purpose of preventing muscle atrophy. When a patient is on bedrest, their mobility is significantly reduced, which can lead to muscle weakness and wasting due to disuse. Passive range of motion exercises help maintain muscle strength and joint function by keeping the muscles engaged, even if the person is unable to move them actively. This intervention is crucial for supporting overall physical health and preparing the body for the demands of labor and delivery. Maintaining muscle tone can also facilitate recovery during the postpartum period. The other options, while they may have some significance in different contexts, do not directly address the primary goal of preventing muscle atrophy in a bedrest scenario.

**9. Which instruction is the priority for a pregnant client with diabetes mellitus?**

- A. How to manage daily glucose testing**
- B. How to check for signs of hypoglycemia and the required treatment**
- C. How to choose appropriate snacks**
- D. How to count carbohydrates in meals**

The priority instruction for a pregnant client with diabetes mellitus focuses on recognizing and managing hypoglycemia. This is crucial because during pregnancy, hormonal changes can affect blood sugar levels and insulin needs. Pregnant individuals with diabetes are at risk for both hyperglycemia and hypoglycemia, but the sudden drop in blood glucose levels can pose immediate and serious risks to both the mother and the fetus. Understanding how to identify the signs of hypoglycemia—such as sweating, shakiness, confusion, and dizziness—and knowing the appropriate treatment, which often involves consuming fast-acting carbohydrates like fruit juice or glucose tablets, are essential skills. These skills help ensure rapid intervention if blood sugar levels drop too low, preventing potentially dangerous complications that can arise from untreated hypoglycemia. While managing daily glucose testing, choosing appropriate snacks, and counting carbohydrates are also important components of diabetes management, they do not address the immediate risks associated with hypoglycemia. Addressing hypoglycemia first lays the foundation for safer overall diabetes management throughout the pregnancy.

**10. Which assessment finding would be most concerning for a nurse assessing a woman suspected of having abruptio placentae?**

- A. Low fetal heart rate**
- B. Normal abdominal tenderness**
- C. High levels of anxiety**
- D. Moderate abdominal pain**

The most concerning assessment finding when evaluating a woman suspected of having abruptio placentae is a low fetal heart rate. Abruptio placentae, which is the premature separation of the placenta from the uterine wall, can significantly compromise the oxygen supply to the fetus. A low fetal heart rate may indicate fetal distress, which could result from decreased blood flow and oxygenation due to the separation of the placenta, thus it serves as a critical indicator of the fetus's well-being. In this context, while normal abdominal tenderness and moderate abdominal pain can be associated with various conditions during pregnancy, they do not immediately indicate fetal distress. High levels of anxiety are common in situations involving potential complications, but they do not provide direct information about the fetal condition. Therefore, identifying a low fetal heart rate highlights an urgent need for further clinical evaluation and intervention to protect both the mother and the fetus.

# 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://nclexantepartumintrapartum.examzify.com>**

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

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