

New Zealand Midwifery legislation Practice Exam (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

- 1. What is one component included in the recertification programme for midwives?**
 - A. Complete a financial management course every year**
 - B. Maintain a portfolio of professional activities**
 - C. Attend a national convention every two years**
 - D. Get recertified every year without any education requirements**
- 2. How does the Professional Conduct Committee handle complaints?**
 - A. By dismissing all minor complaints**
 - B. By assessing whether the concern warrants further action**
 - C. By referring all complaints to the council**
 - D. By involving the healthcare consumer in the process**
- 3. Which two groups are established by the HPCA act to investigate healthcare professionals?**
 - A. Professional Conduct Committee and Ethics Review Board**
 - B. Professional Conduct Committee and Competence Review Panel**
 - C. Competence Review Panel and Complaints Assessment Committee**
 - D. Health Practitioners Tribunal and Professional Evaluation Committee**
- 4. What is the legal definition of a miscarriage according to the Births, Deaths and Marriages Act?**
 - A. Birth of a living baby before 20 weeks**
 - B. Issue of a dead fetus weighing less than 400 grams within the first 20 weeks of pregnancy**
 - C. Loss of a fetus at any stage of pregnancy**
 - D. Stillbirth without signs of life after 21 weeks**
- 5. Which law established the practice of 'registered midwifery' in New Zealand?**
 - A. The Health Practitioners Competence Assurance Act 2003**
 - B. The Nurses Act 1977**
 - C. The Midwifery Act 1990**
 - D. The Health and Safety at Work Act 2015**

- 6. Which act allows unrestricted access to abortion services regardless of age?**
- A. Crimes Act**
 - B. Abortion Legislation Act**
 - C. Family Violence Act**
 - D. Injury Prevention, Rehabilitation and Compensation Act**
- 7. Which of the following is the right to receive service of an appropriate standard according to health and disability services consumer rights?**
- A. Right to effective communication**
 - B. Right to service of an appropriate standard**
 - C. Right to complain**
 - D. Right to make informed choice**
- 8. What is one critical incident that would necessitate an emergency transfer?**
- A. Routine check-up**
 - B. Eclampsia**
 - C. Standard prenatal screening**
 - D. Monitoring fetal heart rate**
- 9. Which organization provides guidelines on midwifery practice in New Zealand?**
- A. Midwifery Association of New Zealand**
 - B. New Zealand College of Midwives**
 - C. Health and Disability Commissioner**
 - D. Nursing Council of New Zealand**
- 10. What is the timeframe for offering an early surgical abortion?**
- A. 6 to 10 weeks**
 - B. 10 to 12 weeks**
 - C. 13 to 15 weeks**
 - D. 16 to 18 weeks**

Answers

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

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Explanations

1. What is one component included in the recertification programme for midwives?

- A. Complete a financial management course every year
- B. Maintain a portfolio of professional activities**
- C. Attend a national convention every two years
- D. Get recertified every year without any education requirements

Maintaining a portfolio of professional activities is a key component of the recertification programme for midwives. This portfolio serves as a critical tool for midwives to document their professional development, including evidence of continuous education, skills enhancement, and engagement in professional activities. It allows midwives to reflect on their practice, track their growth, and demonstrate their commitment to maintaining high standards in their profession. The portfolio typically includes records of clinical practice, participation in workshops or training, and contributions to the midwifery community. This ongoing reflection and documentation supports midwives in meeting the regulatory standards set by the Midwifery Council of New Zealand, ensuring they stay current in their practice and adhere to the evolving guidelines in midwifery care. This approach emphasizes the importance of life-long learning in the healthcare profession. Other options either lack the requirement for ongoing professional development or do not align with the midwifery recertification framework established in New Zealand. For example, completing a financial management course, attending a national convention, or annual recertification without education components do not encapsulate the commitment to continuous professional growth that is central to maintaining the standards expected of midwives.

2. How does the Professional Conduct Committee handle complaints?

- A. By dismissing all minor complaints
- B. By assessing whether the concern warrants further action**
- C. By referring all complaints to the council
- D. By involving the healthcare consumer in the process

The Professional Conduct Committee plays a crucial role in managing complaints within the New Zealand midwifery framework. When handling complaints, the committee conducts a thorough assessment to determine whether the concern raised is significant enough to warrant further action. This step is essential because it ensures that only complaints that have merit are escalated through the appropriate processes, allowing for efficient use of resources and enabling the committee to focus on issues that genuinely require attention. This process reinforces the integrity of the profession, as it encourages the fair and just handling of complaints. It helps maintain trust in the midwifery profession, ensuring that concerns are addressed appropriately and that midwives are held accountable for their professional conduct when necessary. The careful evaluation process aids in distinguishing between minor grievances and serious allegations that may need more comprehensive investigation or intervention.

- 3. Which two groups are established by the HPCA act to investigate healthcare professionals?**
- A. Professional Conduct Committee and Ethics Review Board**
 - B. Professional Conduct Committee and Competence Review Panel**
 - C. Competence Review Panel and Complaints Assessment Committee**
 - D. Health Practitioners Tribunal and Professional Evaluation Committee**

The Health Practitioners Competence Assurance (HPCA) Act establishes a framework for ensuring healthcare professionals in New Zealand are competent to practice safely. Among the provisions of the HPCA Act, two specific groups are designated to investigate and address concerns regarding healthcare practitioners: the Professional Conduct Committee and the Competence Review Panel. The Professional Conduct Committee is responsible for investigating complaints related to professional misconduct or conduct that may bring the profession into disrepute. This committee plays a crucial role in maintaining professional standards and protecting the public by ensuring that any breaches of conduct are thoroughly examined and addressed. On the other hand, the Competence Review Panel focuses on assessing the competence of healthcare practitioners. This panel is tasked with determining whether a practitioner continually meets the required standards of competence for their role. If there are indications that a professional may not be performing at an acceptable level, this panel can conduct assessments to ensure that the practitioner receives the necessary support or remediation. Together, these two groups work within the framework of the HPCA Act to safeguard public health and maintain the integrity of healthcare professions in New Zealand. Their establishment reflects the commitment to both upholding high standards of practice and ensuring that healthcare providers are held accountable for their actions.

- 4. What is the legal definition of a miscarriage according to the Births, Deaths and Marriages Act?**
- A. Birth of a living baby before 20 weeks**
 - B. Issue of a dead fetus weighing less than 400 grams within the first 20 weeks of pregnancy**
 - C. Loss of a fetus at any stage of pregnancy**
 - D. Stillbirth without signs of life after 21 weeks**

The legal definition of miscarriage according to the Births, Deaths and Marriages Act provides clarity on the specifics surrounding fetal loss during early pregnancy. The correct response accurately defines a miscarriage as the issue of a dead fetus weighing less than 400 grams within the first 20 weeks of pregnancy. This definition is significant because it establishes a framework for understanding the parameters of what constitutes a miscarriage in legal terms. In this context, the reference to weight is crucial, as it differentiates between a miscarriage and other forms of fetal loss or stillbirth based on gestational age and the viability of the fetus. The guideline of 20 weeks is also pivotal in New Zealand law, as it relates to when a fetus is considered viable outside the womb. When considering the other options, they do not align with the specific legal definitions outlined in the legislation. The mention of a living baby before 20 weeks or the loss of a fetus at any stage of pregnancy lacks the precise parameters needed for legal classification. Similarly, the definition of stillbirth pertains to viability and specific gestational age, which is outside the scope of what is encompassed in the definition of miscarriage. Thus, the correct answer effectively captures the legal boundaries and definitions as intended by the Births, Deaths

5. Which law established the practice of 'registered midwifery' in New Zealand?

- A. The Health Practitioners Competence Assurance Act 2003**
- B. The Nurses Act 1977**
- C. The Midwifery Act 1990**
- D. The Health and Safety at Work Act 2015**

The law that established the practice of 'registered midwifery' in New Zealand is the Midwifery Act 1990. This act specifically aimed to regulate the practice of midwifery and set the framework for the registration, training, and practice standards for midwives in New Zealand. It was a significant milestone in recognizing the role of midwives as independent practitioners, which further empowered them to provide care to women during pregnancy, birth, and the postnatal period. In contrast, the Health Practitioners Competence Assurance Act 2003 is broader and focuses on ensuring the competence of all health practitioners, but it does not establish midwifery specifically. The Nurses Act 1977 was primarily focused on the regulation of nursing practice, and the Health and Safety at Work Act 2015 deals with workplace health and safety regulations across all sectors, not specifically with midwifery practice.

6. Which act allows unrestricted access to abortion services regardless of age?

- A. Crimes Act**
- B. Abortion Legislation Act**
- C. Family Violence Act**
- D. Injury Prevention, Rehabilitation and Compensation Act**

The Abortion Legislation Act is the correct answer because this statute, which was enacted in 2020, specifically removed the previous legal restrictions surrounding abortion services in New Zealand. It allows individuals, regardless of age, to access abortion care without needing to fulfill specific criteria or face barriers that were previously in place. This change emphasizes reproductive rights and acknowledges the importance of accessible healthcare for all individuals. In contrast, the Crimes Act does not address abortion in a way that allows for unrestricted access; it historically contained provisions that criminalized abortion under certain circumstances. The Family Violence Act focuses on protecting individuals from domestic violence and does not pertain to reproductive healthcare services. The Injury Prevention, Rehabilitation and Compensation Act relates to workplace safety and compensation for injuries and is unrelated to abortion laws. Thus, the Abortion Legislation Act is the key legislation that facilitates unrestricted access to abortion services in New Zealand.

7. Which of the following is the right to receive service of an appropriate standard according to health and disability services consumer rights?

- A. Right to effective communication**
- B. Right to service of an appropriate standard**
- C. Right to complain**
- D. Right to make informed choice**

The right to receive a service of an appropriate standard is integral to the health and disability services consumer rights framework in New Zealand. This principle ensures that consumers are entitled to expect that the care they receive meets established standards of quality, safety, and professionalism. It is designed to protect individuals seeking health care and to guarantee that they receive care that is not only safe but also delivered by qualified and competent professionals who adhere to best practices in their respective fields. This right recognizes the critical importance of maintaining a level of service that aligns with the expectations of the community and the legal standards set by regulatory bodies. It empowers consumers to seek accountability and recourse if the care they receive falls short of these standards, fostering an environment where continued improvement and commitment to excellence in healthcare services are prioritized. In contrast, while the other options address important rights, they focus on different aspects of consumer protection. For instance, the rights to effective communication, to complain, and to make informed choices are all essential elements of patient care, but they do not specifically highlight the standard of care itself, which is the crux of the choice pertaining to receiving services of an appropriate standard. This distinction is key in understanding the framework of consumer rights in health and disability services.

8. What is one critical incident that would necessitate an emergency transfer?

- A. Routine check-up**
- B. Eclampsia**
- C. Standard prenatal screening**
- D. Monitoring fetal heart rate**

Eclampsia is a significant medical emergency that arises from severe pre-eclampsia and involves the occurrence of seizures in a pregnant individual. It poses serious risks to both the mother and the fetus and requires immediate medical intervention. In cases of eclampsia, the conditions can deteriorate rapidly, making it crucial for the individual to be transferred to a facility equipped to handle such emergencies, often involving more advanced care than a midwifery practice can provide. The other scenarios, such as routine check-ups, standard prenatal screenings, or monitoring fetal heart rates, are relatively stable situations that do not warrant immediate emergency care. They are essential components of prenatal care but do not indicate an acute threat that would necessitate urgent transfer to a hospital or urgent care facility. In contrast, the life-threatening nature of eclampsia directly reflects why it is critical for timely intervention and emergency transfer.

9. Which organization provides guidelines on midwifery practice in New Zealand?

- A. Midwifery Association of New Zealand**
- B. New Zealand College of Midwives**
- C. Health and Disability Commissioner**
- D. Nursing Council of New Zealand**

The New Zealand College of Midwives plays a critical role in setting and promoting professional standards and guidelines for midwifery practice within the country. This organization is specifically dedicated to supporting midwives and ensuring the delivery of safe, effective care during pregnancy, childbirth, and the postnatal period. By providing resources, professional development, and advocacy, the New Zealand College of Midwives enhances the quality of midwifery practice and contributes to the professional identity of midwives in New Zealand. In contrast, while the Midwifery Association of New Zealand offers support and community for midwives, it does not have the same authority in shaping practice guidelines. The Health and Disability Commissioner focuses on the protection of consumer rights and does not specifically provide professional guidelines for midwifery. The Nursing Council of New Zealand oversees the regulation of nursing practices and would not be the primary source for midwifery-specific guidelines. Therefore, the New Zealand College of Midwives is the correct organization that provides these essential guidelines in the context of midwifery practice in New Zealand.

10. What is the timeframe for offering an early surgical abortion?

- A. 6 to 10 weeks**
- B. 10 to 12 weeks**
- C. 13 to 15 weeks**
- D. 16 to 18 weeks**

The timeframe for offering an early surgical abortion is up to 12 weeks of gestation, with some sources indicating that surgical abortion can be performed safely and effectively any time during the first trimester, which is generally considered to be up to 12 weeks. Although some medical facilities may extend the surgical services into slightly later weeks, the most commonly accepted standard for early surgical abortions is up to 12 weeks gestation. Therefore, within the context of New Zealand legislation and medical best practices, offering surgical abortion at 13 to 15 weeks would generally not be classified as "early" and would typically fall into a different category, typically managed with additional considerations and potentially further evaluations. In summary, surgical abortion services are most routinely and ethically offered up to 12 weeks, which aligns with public health guidelines and reflects safe practice standards, solidifying the need to adhere to established timeframes for such services.

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://nzmidwiferylegislation.examzify.com>

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