

North American Registry of Midwives (NARM) 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. By what percentage might newborns normally lose of their birth weight during the first 3-5 days of life?**
 - A. 2-4 percent**
 - B. 5-10 percent**
 - C. 10-15 percent**
 - D. 15-20 percent**
- 2. What does the presence of cyanosis in a newborn often signify?**
 - A. Healthy awareness**
 - B. Dehydration**
 - C. Oxygen deprivation**
 - D. Normal coloration**
- 3. Which of the following is a dangerous side effect of oral contraceptives that should be reported immediately?**
 - A. Weight gain**
 - B. Severe headaches**
 - C. Light spotting**
 - D. Increased appetite**
- 4. How many minor malformations in a newborn suggest the possibility of a major underlying malformation?**
 - A. One**
 - B. Two**
 - C. Three**
 - D. Four**
- 5. Which type of immune cells does HIV primarily target?**
 - A. T4 lymphocytes**
 - B. B lymphocytes**
 - C. Neutrophils**
 - D. Macrophages**

- 6. What crucial factor increases vulnerability to chlamydia in women?**
- A. Age**
 - B. Menstruation**
 - C. Use of oral contraceptives**
 - D. Sexual partners**
- 7. What is a characteristic sign of meconium aspiration syndrome?**
- A. Nasal flaring**
 - B. High fever**
 - C. Continuous crying**
 - D. Swollen abdomen**
- 8. Which disease risk is significantly reduced by oral contraceptives?**
- A. Breast cancer**
 - B. Heart disease**
 - C. Ovarian cancer**
 - D. Cervical cancer**
- 9. Is it true or false that maternal temperature rises during labor?**
- A. True**
 - B. False**
 - C. It remains the same**
 - D. It can only rise dangerously high**
- 10. What is the recommended rate of breaths to be delivered with positive pressure ventilation during newborn resuscitation?**
- A. 20 to 30 breaths per minute**
 - B. 30 to 40 breaths per minute**
 - C. 40 to 60 breaths per minute**
 - D. 60 to 80 breaths per minute**

Answers

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

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Explanations

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1. By what percentage might newborns normally lose of their birth weight during the first 3-5 days of life?

A. 2-4 percent

B. 5-10 percent

C. 10-15 percent

D. 15-20 percent

Newborns typically experience a normal physiological weight loss after birth due to various factors such as fluid loss, meconium passage, and the transition to extrauterine life. It is commonly accepted that most newborns can lose approximately 5-10 percent of their birth weight during the first 3-5 days of life. This range is considered a standard guideline in neonatal care. Weight loss within this percentage is generally seen as normal, and health professionals closely monitor newborns to ensure that the weight loss does not exceed this range, as excessive weight loss could indicate feeding issues or other concerns that may require intervention. Beyond this normative range, larger percentages could signal potential health problems, while less weight loss is typically viewed as within normal limits for most newborns adapting to life outside the womb.

2. What does the presence of cyanosis in a newborn often signify?

A. Healthy awareness

B. Dehydration

C. Oxygen deprivation

D. Normal coloration

The presence of cyanosis in a newborn is a clear indicator of oxygen deprivation. Cyanosis refers to a bluish tint to the skin, particularly noticeable in areas with high concentrations of capillaries, such as lips, fingertips, and toes. This discoloration happens when there is inadequate oxygen in the blood, which is critical for normal physiological functioning. In a newborn, cyanosis can signal potential respiratory distress or other underlying conditions that may impede adequate oxygenation. It raises the need for immediate assessment and intervention. The body's lack of oxygen can lead to serious complications if not addressed promptly, making the identification of cyanosis an important skill for healthcare providers, particularly midwives within their practice. While dehydration, healthy awareness, and normal coloration are relevant considerations in pediatric care, they do not correlate with the physiological significance of cyanosis and its urgent implications related to a newborn's respiratory status.

3. Which of the following is a dangerous side effect of oral contraceptives that should be reported immediately?

- A. Weight gain**
- B. Severe headaches**
- C. Light spotting**
- D. Increased appetite**

Severe headaches can be a dangerous side effect of oral contraceptives, particularly if they are new in onset, unusually severe, or different from any headaches the individual may have experienced previously. These headaches could indicate a serious condition such as hypertension or the potential for blood clots, including the risk of stroke, especially in women with other risk factors. Therefore, if a patient reports severe headaches after starting oral contraceptives, it should be taken seriously and addressed immediately in a clinical setting. Monitoring for changes in headache patterns is crucial, as timely intervention can be essential for the safety and health of the patient. In contrast, weight gain, light spotting, and increased appetite, while they may be bothersome or concerning to some individuals, are generally not considered emergency situations and do not typically pose immediate health risks that necessitate urgent medical intervention.

4. How many minor malformations in a newborn suggest the possibility of a major underlying malformation?

- A. One**
- B. Two**
- C. Three**
- D. Four**

The correct answer is three minor malformations in a newborn, indicating a potential underlying major malformation. This guideline stems from observational studies in pediatric medicine, where the occurrence of multiple minor anomalies can raise concern for a more significant anatomical or physiological defect. When a newborn presents with one minor malformation, it may occur as an isolated finding without suggesting any major issues. Similarly, two minor malformations, while possibly indicative of a syndrome, do not raise enough concern to strongly suggest a major malformation. However, the presence of three or more minor malformations significantly elevates the suspicion for a major underlying malformation or a syndrome that may encompass these anomalies. This is because certain structural defects and syndromic presentations often manifest through combinations of minor anomalies, and their cumulative presence can provide critical clues in the diagnostic process. Therefore, a thorough evaluation is warranted when three or more minor anomalies are noted, increasing the likelihood that they are part of a larger, more complex condition.

5. Which type of immune cells does HIV primarily target?

A. T4 lymphocytes

B. B lymphocytes

C. Neutrophils

D. Macrophages

HIV primarily targets T4 lymphocytes, also known as CD4+ T cells. These cells play a crucial role in the immune system by helping to coordinate the immune response. When HIV infects these cells, it integrates its genetic material into the host cell's DNA and begins to replicate. This process ultimately leads to a decline in the number of CD4+ T cells, which impairs the body's ability to mount an effective immune response to infections and diseases. The significance of this targeting by HIV is profound, as a depletion of CD4+ T cells not only impacts the individual's immunity but also is a key factor in the progression from HIV infection to AIDS (Acquired Immunodeficiency Syndrome). Monitoring the CD4+ T cell count is essential in managing HIV infection and determining the stage of the disease. Understanding that HIV specifically targets CD4+ T cells helps clarify why treatments focusing on preserving or restoring these lymphocytes are vital in the care of people living with HIV. This targeted nature of HIV underlines the importance of early intervention and regular monitoring in effectively managing the disease.

6. What crucial factor increases vulnerability to chlamydia in women?

A. Age

B. Menstruation

C. Use of oral contraceptives

D. Sexual partners

The correct answer highlights that the use of oral contraceptives can play a significant role in increasing vulnerability to chlamydia in women due to several factors related to sexual behavior and health awareness. Oral contraceptives tend to encourage a more active sexual lifestyle among some women, potentially leading to increased exposure to sexually transmitted infections (STIs) if protective measures such as condoms are not used consistently. Moreover, hormonal changes induced by the use of oral contraceptives may alter the vaginal flora, which can impact the susceptibility to infections. It is important to consider that while age, menstruation, and the number of sexual partners all have relevance in the context of chlamydia risk, the specific connection between oral contraceptives and increased sexual activity, coupled with a potential decline in condom use, makes this option paramount in understanding women's susceptibility to chlamydia.

7. What is a characteristic sign of meconium aspiration syndrome?

- A. Nasal flaring**
- B. High fever**
- C. Continuous crying**
- D. Swollen abdomen**

Nasal flaring is a characteristic sign of meconium aspiration syndrome because it indicates respiratory distress in the newborn. When a baby inhales meconium-stained amniotic fluid during or before delivery, it can obstruct the airways and lead to inflammation and reduced oxygen levels. As a result, the infant may exhibit signs of respiratory distress, including nasal flaring, which is a compensatory mechanism indicating that the baby is struggling to breathe. It reflects increased effort and indicates that the baby is trying to take in a sufficient amount of air. Other signs of respiratory distress can include retractions or grunting, but nasal flaring is a specific, observable sign often noted in clinical practice. Understanding this symptom is crucial for healthcare providers to identify and manage potential complications associated with meconium aspiration syndrome effectively. Recognizing nasal flaring early allows for timely interventions to ensure that the newborn receives appropriate respiratory support and monitoring.

8. Which disease risk is significantly reduced by oral contraceptives?

- A. Breast cancer**
- B. Heart disease**
- C. Ovarian cancer**
- D. Cervical cancer**

Oral contraceptives have been shown to significantly reduce the risk of ovarian cancer. This protective effect is particularly noteworthy in individuals who use oral contraceptives for multiple years. The mechanism behind this reduction is believed to be related to the suppression of ovulation; since ovarian cells are not subjected to cyclical changes and potential injury during ovulation, the overall risk of developing cancer in the ovarian tissue decreases. In contrast, while oral contraceptives can have variable effects on breast and cervical cancer risks, the strong evidence supporting the reduction in ovarian cancer incidence makes it the most relevant answer to the question. Thus, the association between long-term use of oral contraceptives and lower ovarian cancer risk is well-supported in medical literature, highlighting the significance of this preventive aspect in women's health.

9. Is it true or false that maternal temperature rises during labor?

A. True

B. False

C. It remains the same

D. It can only rise dangerously high

Maternal temperature does indeed rise during labor, making the statement true. This increase is typically due to a variety of factors, including the physiological stress of labor itself, increased metabolic activity, and the release of hormones such as oxytocin that stimulate contractions. The rise in temperature can also be influenced by factors such as dehydration, the intensity of labor, and the ambient temperature of the environment. Monitoring maternal temperature during labor is an essential practice, as it can help identify potential issues such as infection, which may present as elevated temperatures. Understanding that a rise in temperature is a normal physiological response during labor assists healthcare providers in distinguishing between a typical labor process and a possible complication. Therefore, recognizing this aspect of maternal health during labor is crucial for ensuring both the safety of the mother and the well-being of the baby.

10. What is the recommended rate of breaths to be delivered with positive pressure ventilation during newborn resuscitation?

A. 20 to 30 breaths per minute

B. 30 to 40 breaths per minute

C. 40 to 60 breaths per minute

D. 60 to 80 breaths per minute

The recommended rate of breaths to be delivered with positive pressure ventilation during newborn resuscitation is set at 40 to 60 breaths per minute. This rate is based on guidelines established to ensure effective ventilation and optimal oxygenation for the newborn. In resuscitation scenarios, especially for newborns who are not breathing adequately, it's crucial to provide positive pressure ventilations at a rate that mimics the physiological needs of the infant. Too slow a rate may not provide sufficient oxygenation, while a rate that is too fast could lead to hyperventilation and potential complications such as increased intracranial pressure due to excess CO₂ expulsion. Thus, 40 to 60 breaths per minute strikes a balance, maintaining an effective exchange of gases while aligning with the newborn's respiratory physiology, assisting in rapid stabilization during a critical period immediately following birth. This understanding is essential for anyone involved in neonatal care and resuscitation, ensuring that interventions support the infant's transition to independent breathing.

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://narm.examzify.com>

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