

Nursing Management During Pregnancy 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. Why is it important for a nurse to assess the emotional well-being of a pregnant patient?**
 - A. It can affect the patient's ability to attend prenatal appointments**
 - B. Emotional health can influence fetal development and maternal health**
 - C. To create a budget plan for the patient**
 - D. Emotional issues are unrelated to pregnancy**

- 2. During which trimester is the risk of miscarriage at its highest?**
 - A. First trimester**
 - B. Second trimester**
 - C. Third trimester**
 - D. All trimesters have equal risk**

- 3. What type of information would a nurse expect to find in a journal article about real-time ultrasonography?**
 - A. Fetal heart rate monitoring**
 - B. Biophysical profile**
 - C. Growth measurements**
 - D. Fetal gender determination**

- 4. What should a nurse do when a patient expresses concern about routine testing during pregnancy?**
 - A. Reassure them that all testing is optional.**
 - B. Explain the purpose and importance of the tests.**
 - C. Advise them to avoid testing if they feel uncomfortable.**
 - D. Encourage them to seek a second opinion.**

- 5. At what gestational age is the fundal height typically located at the level of the umbilicus?**
 - A. 18 weeks**
 - B. 20 weeks**
 - C. 22 weeks**
 - D. 24 weeks**

- 6. What dietary supplement is important for pregnant women to prevent neural tube defects?**
- A. Calcium**
 - B. Iron**
 - C. Folic acid**
 - D. Vitamin D**
- 7. Which lab test is routinely performed to assess for gestational diabetes?**
- A. Complete blood count**
 - B. Glucose tolerance test**
 - C. Cholesterol test**
 - D. Thyroid function test**
- 8. What lifestyle change is often recommended to pregnant individuals to promote a healthy pregnancy?**
- A. Avoiding all physical activity during pregnancy**
 - B. Establishing a balanced diet rich in nutrients**
 - C. Increased caffeine consumption**
 - D. Smoking cessation is not necessary**
- 9. What should be monitored closely in women with gestational diabetes?**
- A. Fetal heart rate**
 - B. Maternal weight loss**
 - C. Blood glucose levels**
 - D. Achieved calcium intake**
- 10. Why should a pregnant woman avoid using a hot tub during pregnancy according to the nurse's recommendation?**
- A. It increases the risk of miscarriage**
 - B. It can lead to dehydration**
 - C. Fetal tachycardia can occur**
 - D. It may cause overheating**

Answers

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

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Explanations

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1. Why is it important for a nurse to assess the emotional well-being of a pregnant patient?

- A. It can affect the patient's ability to attend prenatal appointments**
- B. Emotional health can influence fetal development and maternal health**
- C. To create a budget plan for the patient**
- D. Emotional issues are unrelated to pregnancy**

Assessing the emotional well-being of a pregnant patient is crucial because emotional health has a direct impact on both maternal and fetal outcomes. Studies have shown that heightened stress, anxiety, or depression during pregnancy can lead to several complications, such as preterm labor, low birth weight, and developmental issues for the infant. Conversely, when a mother's emotional health is prioritized and managed, it can lead to improved health outcomes for both her and her baby. By recognizing and addressing emotional health, nurses can provide support, resources, and referrals that can mitigate these risks. Additionally, a well-supported emotional state during pregnancy may promote better self-care behaviors and adherence to prenatal care, ultimately contributing to a healthier pregnancy overall. The other options do not capture the holistic importance of emotional health as it pertains to both maternal and fetal welfare. For instance, while attendance at prenatal appointments may be influenced by emotional well-being, this addresses only a part of the broader picture. Similarly, while creating a budget plan may be a practical consideration, it is not directly related to the urgent need to monitor and support emotional health during pregnancy. Lastly, suggesting that emotional issues are unrelated to pregnancy undermines the significant body of evidence linking emotional health with pregnancy outcomes.

2. During which trimester is the risk of miscarriage at its highest?

- A. First trimester**
- B. Second trimester**
- C. Third trimester**
- D. All trimesters have equal risk**

The risk of miscarriage is highest during the first trimester of pregnancy, typically defined as the first 12 weeks. This period is critical because it is the time when the embryo is most vulnerable to genetic abnormalities and other factors that can disrupt normal development. The majority of miscarriages that occur during pregnancy happen in this early phase, often due to chromosomal abnormalities, hormonal changes, or problems with implantation. During the second and third trimesters, while there are still risks of complications, the rates of miscarriage are significantly lower compared to the first trimester. By the second trimester, the embryo has developed further, and the body has adapted to the pregnancy. As the pregnancy progresses into the third trimester, the risks shift more towards factors such as preterm labor or placental issues rather than miscarriage. Given this information, it is clear why the first trimester is identified as the time of highest risk for miscarriage.

3. What type of information would a nurse expect to find in a journal article about real-time ultrasonography?

- A. Fetal heart rate monitoring**
- B. Biophysical profile**
- C. Growth measurements**
- D. Fetal gender determination**

A journal article about real-time ultrasonography would likely provide insights into the biophysical profile, as this assessment combines various ultrasound findings to evaluate fetal well-being. The biophysical profile typically assesses five components: fetal heart rate, fetal breathing movements, fetal body movements, fetal tone, and amniotic fluid volume. It is a comprehensive method that utilizes ultrasound to monitor multiple aspects of fetal health, making it a central topic within articles concerning ultrasonography. While fetal heart rate monitoring, growth measurements, and fetal gender determination are relevant topics in maternity care, they may not encompass the full range of detailed information typically discussed in the context of biophysical profiles using real-time ultrasonography. Fetal heart rate monitoring is more often associated with electronic fetal monitoring, which is distinct from the ultrasonographic assessment. Growth measurements can be a part of ultrasonography but would not provide the holistic view of fetal well-being that a biophysical profile does. Fetal gender determination, while a common use of ultrasound, is a single aspect that does not reflect the comprehensive assessment offered by a biophysical profile.

4. What should a nurse do when a patient expresses concern about routine testing during pregnancy?

- A. Reassure them that all testing is optional.**
- B. Explain the purpose and importance of the tests.**
- C. Advise them to avoid testing if they feel uncomfortable.**
- D. Encourage them to seek a second opinion.**

The appropriate response when a patient expresses concern about routine testing during pregnancy is to explain the purpose and importance of the tests. Providing clear and thorough information helps the patient understand the medical reasoning behind these tests and can alleviate their concerns. Routine testing during pregnancy is crucial for monitoring both the mother's health and the baby's development. For instance, tests can screen for conditions that may affect the pregnancy, detect genetic disorders, or monitor the progress of the fetus. By understanding the benefits and the potential risks associated with not undergoing these tests, a patient can make informed decisions about their care. When patients are educated about these aspects, they often feel more empowered and less anxious, leading to better compliance with necessary medical recommendations. This approach aligns with patient-centered care, which emphasizes the importance of understanding and addressing individual concerns in a supportive manner.

5. At what gestational age is the fundal height typically located at the level of the umbilicus?

- A. 18 weeks
- B. 20 weeks**
- C. 22 weeks
- D. 24 weeks

The fundal height, which is the distance from the pubic bone to the top of the uterus, is an important measurement during pregnancy as it helps assess fetal growth and development. Typically, by 20 weeks of gestation, the fundus reaches the level of the umbilicus. This is a key milestone because it correlates with the size of the uterus growing in response to the developing fetus. At approximately 20 weeks, the uterus has expanded enough to rise to the level of the umbilicus, which can also serve as a reference point for healthcare providers during assessments. This measurement is particularly useful in observing whether the growth of the uterus is proceeding normally in the ensuing weeks and in anticipation of future measurements as the pregnancy progresses. Other gestational ages listed, such as 18, 22, or 24 weeks, do not align as perfectly with this standard. At 18 weeks, the fundus is still below the umbilicus, while by 22 weeks, it has moved slightly above the umbilicus, and at 24 weeks, it continues to rise further. Hence, the timing at which the fundal height reaches the level of the umbilicus is distinctly recognized around 20 weeks, making it the

6. What dietary supplement is important for pregnant women to prevent neural tube defects?

- A. Calcium
- B. Iron
- C. Folic acid**
- D. Vitamin D

Folic acid is a crucial dietary supplement for pregnant women as it significantly helps in preventing neural tube defects in the developing fetus. Neural tube defects, such as spina bifida and anencephaly, occur when the neural tube does not close properly during the first few weeks of pregnancy. Adequate levels of folic acid before conception and in the early stages of pregnancy can reduce the risk of these serious congenital anomalies. The recommendation is for women to start taking folic acid supplements at least one month before conception and throughout the first trimester. This is because the neural tube forms in the early stages of fetal development, often before many women even realize they are pregnant. It is generally advised that women of childbearing age consume a daily supplement of 400 micrograms of folic acid to ensure they have sufficient levels during this critical time. While other nutrients such as calcium, iron, and vitamin D are essential for a healthy pregnancy, they do not play a direct role in preventing neural tube defects. Calcium supports bone health, iron is important for preventing anemia, and vitamin D aids in calcium absorption and supports immune function, but folic acid specifically targets the risk of neural tube defects.

7. Which lab test is routinely performed to assess for gestational diabetes?

- A. Complete blood count**
- B. Glucose tolerance test**
- C. Cholesterol test**
- D. Thyroid function test**

The glucose tolerance test is a critical lab evaluation routinely performed during pregnancy to screen for gestational diabetes. This test helps determine how well a woman's body processes glucose, which is especially important because gestational diabetes can develop due to hormonal changes that affect insulin response during pregnancy. Typically conducted between the 24th and 28th week of gestation, the glucose tolerance test involves the patient consuming a glucose solution, followed by a series of blood tests to measure how quickly the body can clear the glucose from the bloodstream. Elevated blood sugar levels during this test indicate a potential diagnosis of gestational diabetes, allowing for timely management and intervention, which is essential for the health of both the mother and the fetus. In contrast, other lab tests mentioned have different purposes. For example, a complete blood count is used to assess overall health and detect conditions like anemia or infection, while cholesterol tests monitor lipid levels associated with cardiovascular health, and thyroid function tests evaluate thyroid gland activity, which can impact metabolic processes but are not directly related to assessing gestational diabetes. Thus, the glucose tolerance test is specifically aligned with the objectives of monitoring and managing glucose metabolism during pregnancy, making it the correct choice for this assessment.

8. What lifestyle change is often recommended to pregnant individuals to promote a healthy pregnancy?

- A. Avoiding all physical activity during pregnancy**
- B. Establishing a balanced diet rich in nutrients**
- C. Increased caffeine consumption**
- D. Smoking cessation is not necessary**

Establishing a balanced diet rich in nutrients is crucial for promoting a healthy pregnancy. During this time, the body requires additional nutrients to support not only the expecting individual's health but also the growth and development of the fetus. A well-rounded diet can help mitigate risks associated with pregnancy, such as gestational diabetes, hypertensive disorders, and anemia. Key elements of a balanced diet include adequate intake of proteins, vitamins, and minerals, particularly folic acid, iron, calcium, and essential fatty acids. Incorporating a variety of food groups, whole grains, fruits, vegetables, lean proteins, and healthy fats can provide the necessary energy and nutrients that support both the mother's well-being and fetal development. Additionally, proper nutrition can help manage common pregnancy symptoms and set a foundation for healthy habits that can extend into motherhood. While engaging in regular physical activity can provide numerous benefits during pregnancy, it is important to approach exercise carefully, especially under professional guidance. Reducing or completely avoiding caffeine and addressing smoking are equally essential lifestyle modifications for pregnancy health. Thus, the recommendation to establish a balanced diet stands out as a fundamental and proactive approach to ensure positive outcomes throughout the pregnancy.

9. What should be monitored closely in women with gestational diabetes?

- A. Fetal heart rate**
- B. Maternal weight loss**
- C. Blood glucose levels**
- D. Achieved calcium intake**

Monitoring blood glucose levels in women with gestational diabetes is crucial because this condition significantly affects both maternal and fetal health. Elevated blood glucose levels can lead to various complications, including excessive fetal growth (macrosomia), preterm birth, and increased risk of developing type 2 diabetes later in life for the mother. Close monitoring enables timely interventions, such as dietary modifications or insulin therapy, to maintain blood glucose levels within a target range. This helps to minimize risks for both the mother and the newborn, ensuring a healthier pregnancy outcome. In contrast, while fetal heart rate monitoring is important generally during pregnancy, it is not as specific to managing gestational diabetes. Maternal weight loss is not appropriate during pregnancy and could be harmful, while calcium intake, while important for overall health, does not directly relate to the management of gestational diabetes.

10. Why should a pregnant woman avoid using a hot tub during pregnancy according to the nurse's recommendation?

- A. It increases the risk of miscarriage**
- B. It can lead to dehydration**
- C. Fetal tachycardia can occur**
- D. It may cause overheating**

A pregnant woman is advised to avoid using a hot tub primarily because it may cause overheating. When a woman immerses herself in hot water, especially at high temperatures maintained in hot tubs, her body temperature can rise significantly. Elevated maternal body temperature, especially in the first trimester, is associated with potential risks to fetal development, including neural tube defects and other complications. Maintaining a normal body temperature is crucial during pregnancy, as the developing fetus is sensitive to extremes in temperature. The risk of overheating is a key concern because it can affect the fetus's health, potentially leading to adverse outcomes. While other considerations such as dehydration and fetal tachycardia can be relevant, the primary issue with hot tub use is centered around the risks associated with increased body temperature.

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://nursingmgmtduringpregnancy.examzify.com>

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

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