

NURSING MANAGEMENT DURING PREGNANCY PRACTICE TEST (SAMPLE) STUDY GUIDE



Prepare with structure. Pass with confidence



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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 vaccine is contraindicated during pregnancy?**
 - A. Influenza vaccine
 - B. Tdap vaccine
 - C. Live attenuated vaccines, such as the MMR vaccine
 - D. Pneumococcal vaccine
- 2. Which of the following vaccines is contraindicated during pregnancy due to the potential for viral transmission to the fetus?**
 - A. Influenza
 - B. Measles
 - C. Tetanus
 - D. COVID-19
- 3. Which statement from a client would raise concern about the risk of sexually transmitted infections?**
 - A. "I have been tested recently."
 - B. "My partner is monogamous."
 - C. "I am unsure who the father of the baby is."
 - D. "I always use protection."
- 4. 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
- 5. What is the recommended schedule for prenatal visits during the first 36 weeks of pregnancy?**
 - A. Once every 3 weeks until 36 weeks.
 - B. Once every 4 weeks for the first 28 weeks, then weekly.
 - C. Once every 4 weeks for the first 28 weeks, then every 2 weeks until 36 weeks, then weekly.
 - D. Monthly for the first 9 months.

- 6. Which of the following is a normal weight gain range for a client during the first trimester of pregnancy?**
- A. 1 to 5 lb (0.5 to 2.3 kg)
 - B. 4 to 8 lb (1.8 to 3.6 kg)
 - C. 8 to 10 lb (3.6 to 4.5 kg)
 - D. 2 to 6 lb (0.9 to 2.7 kg)
- 7. What type of exercise is encouraged during a low-risk pregnancy?**
- A. High-intensity interval training
 - B. Weightlifting
 - C. Low-impact activities like walking or prenatal yoga
 - D. Competitive sports
- 8. What advice should a nurse give to a primigravida client regarding changes during pregnancy?**
- A. Wear flip-flops for comfort
 - B. Take up running
 - C. Avoid wearing high heels
 - D. Engage in contact sports
- 9. What are the risks associated with maternal smoking during pregnancy?**
- A. Increased maternal weight gain
 - B. Low birth weight, preterm birth, and developmental issues
 - C. Higher levels of fetal movement
 - D. Reduced risk of gestational diabetes
- 10. What assessments are key when caring for a pregnant woman with cardiac issues?**
- A. Regular monitoring of vital signs and fetal heart rate
 - B. Education on dietary restrictions
 - C. Strict bed rest without monitoring
 - D. Only fetal monitoring

Answers

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

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Explanations

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1. Which vaccine is contraindicated during pregnancy?

- A. Influenza vaccine
- B. Tdap vaccine
- C. Live attenuated vaccines, such as the MMR vaccine**
- D. Pneumococcal vaccine

During pregnancy, it is crucial to carefully consider the safety of vaccines for both the mother and the developing fetus. Live attenuated vaccines, such as the MMR (measles, mumps, rubella) vaccine, are contraindicated during pregnancy because they contain live viruses that could potentially cause infection in the pregnant woman or harm the fetus. These vaccines can replicate in the body and, while they are designed to be weakened, there is still a risk associated with their use during pregnancy. In contrast, inactivated vaccines—like the influenza and Tdap vaccines, and other non-live vaccines—are generally considered safe and are often recommended for pregnant individuals to protect both the mother and the baby from certain diseases. Because the MMR vaccine is live and can pose a risk, it is recommended that women be vaccinated with it before becoming pregnant. If a woman is pregnant and has not had the vaccine, it should typically be delayed until after delivery. This understanding highlights the importance of vaccination planning and education in prenatal care.

2. Which of the following vaccines is contraindicated during pregnancy due to the potential for viral transmission to the fetus?

- A. Influenza
- B. Measles**
- C. Tetanus
- D. COVID-19

The vaccine that is contraindicated during pregnancy due to the potential for viral transmission to the fetus is the measles vaccine. This is because the measles vaccine is a live attenuated vaccine, which means it contains a weakened form of the virus. If administered during pregnancy, there is a risk that the weakened virus could theoretically affect the developing fetus, leading to potential birth defects or other complications. In contrast, the influenza vaccine is recommended during pregnancy, as it is crucial for protecting both the mother and the fetus from severe illness. The tetanus vaccine is also safe and is often given during pregnancy as part of routine prenatal care to help protect the newborn from tetanus. The COVID-19 vaccine, while relatively new, has shown to be safe for pregnant individuals and is also recommended to protect against serious illness associated with the virus. Therefore, the measles vaccine's classification as a live vaccine makes it the one that poses a risk during pregnancy, which is why it is contraindicated.

3. Which statement from a client would raise concern about the risk of sexually transmitted infections?

- A. "I have been tested recently."
- B. "My partner is monogamous."
- C. "I am unsure who the father of the baby is."**
- D. "I always use protection."

The statement indicating uncertainty about the identity of the father of the baby raises significant concern regarding the risk of sexually transmitted infections (STIs). This uncertainty suggests potential involvement with multiple partners, which inherently increases the likelihood of exposure to STIs. Engaging with multiple partners can complicate the situation as it may lead to unmonitored sexual history, making it difficult to ascertain if any partner carries STIs. In contrast, the other statements reflect behaviors or circumstances that suggest lower risk scenarios. For instance, asserting that a partner is monogamous suggests a stable relationship with reduced potential for exposure to infections. Indicating recent testing demonstrates proactive health management, contributing to an understanding of the individual's sexual health. Consistently using protection indicates responsible sexual behavior, further lowering the risk of STIs.

4. 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.

5. What is the recommended schedule for prenatal visits during the first 36 weeks of pregnancy?

- A. Once every 3 weeks until 36 weeks.
- B. Once every 4 weeks for the first 28 weeks, then weekly.
- C. Once every 4 weeks for the first 28 weeks, then every 2 weeks until 36 weeks, then weekly.**
- D. Monthly for the first 9 months.

The recommended schedule for prenatal visits during the first 36 weeks of pregnancy emphasizes the importance of regular monitoring to ensure both maternal and fetal health. The correct answer outlines a structure where visits occur once every 4 weeks during the first 28 weeks. This interval allows healthcare providers to monitor the initial stages of pregnancy, assess the growth and development of the fetus, and screen for any potential complications. As the pregnancy progresses, the frequency of visits increases to every 2 weeks until 36 weeks, as the risk of complications may be higher in the later stages of pregnancy. This increased frequency allows healthcare providers to monitor for signs of conditions such as gestational hypertension or fetal distress more closely. Finally, weekly visits are recommended after 36 weeks to closely observe the mother and fetus as labor approaches, ensuring timely interventions if needed. This structured approach reflects standard prenatal care guidelines, prioritizing both maternal and fetal well-being through careful tracking and timely medical attention if required.

6. Which of the following is a normal weight gain range for a client during the first trimester of pregnancy?

- A. 1 to 5 lb (0.5 to 2.3 kg)**
- B. 4 to 8 lb (1.8 to 3.6 kg)
- C. 8 to 10 lb (3.6 to 4.5 kg)
- D. 2 to 6 lb (0.9 to 2.7 kg)

During the first trimester of pregnancy, the recommended weight gain is relatively modest, generally falling within the range of 1 to 5 pounds (0.5 to 2.3 kg). This range reflects the fact that the developing fetus is still quite small, and significant weight gain is not typical at this early stage. It's important for healthcare providers to emphasize a balanced diet and healthy lifestyle, while also acknowledging that factors such as maternal health, pre-pregnancy weight, and nutritional needs can influence weight gain recommendations. Normal weight gain during this period allows for the healthy development of the fetus and prepares the mother's body for the upcoming changes associated with pregnancy. While individual circumstances may vary, the goal is to establish a healthy baseline in the first trimester before more pronounced weight gain occurs in the second and third trimesters. Other weight gain ranges listed are either too high or not referenced in typical guidelines for the first trimester, making the first option the correct and appropriate choice for normal weight gain during this time.

7. What type of exercise is encouraged during a low-risk pregnancy?

- A. High-intensity interval training
- B. Weightlifting
- C. Low-impact activities like walking or prenatal yoga**
- D. Competitive sports

During a low-risk pregnancy, low-impact activities such as walking or prenatal yoga are encouraged because they provide numerous benefits while minimizing the risk of injury or strain. These forms of exercise promote cardiovascular health, improve flexibility, and enhance overall well-being without putting undue stress on the body. Walking is a gentle, accessible exercise that maintains fitness levels and can help alleviate common pregnancy discomforts. Prenatal yoga, specifically designed for pregnant women, incorporates stretches and breathing techniques that can reduce stress and improve relaxation, making it a suitable option for most pregnant individuals. Engaging in low-impact activities supports physical activity guidelines while addressing the unique physical changes during pregnancy. This approach fosters a positive relationship with exercise during this transformative time, encouraging ongoing movement as women prepare for childbirth. In contrast, higher-intensity workouts or competitive sports may not be suitable during pregnancy as they could increase the risk of injuries or complications.

8. What advice should a nurse give to a primigravida client regarding changes during pregnancy?

- A. Wear flip-flops for comfort
- B. Take up running
- C. Avoid wearing high heels**
- D. Engage in contact sports

During pregnancy, a nurse should advise a primigravida client to avoid wearing high heels due to the physical changes that occur in a woman's body. As pregnancy progresses, hormonal changes lead to increased joint laxity and the softening of ligaments, which can affect balance and stability. High heels can exacerbate these challenges by increasing the risk of falls and creating additional strain on the back, which is already under stress from the growing uterus. In contrast, wearing more supportive footwear can help maintain balance, provide greater comfort, and reduce potential back pain. This advice reflects an understanding of the biomechanical and physical changes a person experiences during pregnancy, prioritizing safety and comfort.

9. What are the risks associated with maternal smoking during pregnancy?

- A. Increased maternal weight gain
- B. Low birth weight, preterm birth, and developmental issues**
- C. Higher levels of fetal movement
- D. Reduced risk of gestational diabetes

Maternal smoking during pregnancy poses significant risks to both the mother and fetus, which is why the correct answer highlights issues such as low birth weight, preterm birth, and developmental issues. Smoking during pregnancy can lead to decreased oxygen supply and nutrient delivery to the developing baby, directly impacting growth and development. Low birth weight is a critical concern, as infants born under this category are at a higher risk for various health complications, including increased susceptibility to infections, developmental delays, and chronic health conditions later in life. Preterm birth is another serious risk, as babies born prematurely can face challenges such as respiratory issues, difficulty in feeding, and long-term neurological complications. Developmental issues are also a significant concern resulting from exposure to nicotine and other harmful substances in cigarettes. These can manifest as cognitive, behavioral, and physical development problems as the child grows, affecting lifelong outcomes. In contrast, the other options do not accurately represent the consequences of smoking during pregnancy. For example, maternal weight gain is typically not increased due to smoking; rather, it is often decreased. Higher levels of fetal movement are not a confirmed consequence of maternal smoking and may mislead individuals about fetal well-being. Lastly, smoking does not reduce the risk of gestational diabetes; in fact,

10. What assessments are key when caring for a pregnant woman with cardiac issues?

- A. Regular monitoring of vital signs and fetal heart rate**
- B. Education on dietary restrictions
- C. Strict bed rest without monitoring
- D. Only fetal monitoring

Regular monitoring of vital signs and fetal heart rate is crucial when caring for a pregnant woman with cardiac issues due to the potential impact that maternal heart health can have on both the mother and the fetus. Vital signs provide essential information regarding the mother's cardiovascular status, which is especially important during pregnancy as the body undergoes significant physiological changes. Elevated blood pressure or heart rate can signal complications that need immediate attention. Simultaneously, monitoring the fetal heart rate allows healthcare providers to assess the fetus's well-being, ensuring that it is receiving adequate oxygen and nutrients. Any abnormalities in the fetal heart rate can indicate fetal distress, prompting further evaluation and intervention to ensure both the mother and child remain stable. While education on dietary restrictions can be important for overall health maintenance, it doesn't replace the necessity of vital sign and fetal heart rate monitoring in a clinical setting. Strict bed rest without monitoring can be dangerous, as it may overlook developing complications. Relying solely on fetal monitoring neglects the mother's health, which is equally critical in managing cardiac issues during pregnancy. Thus, the comprehensive approach of monitoring vital signs along with fetal heart rate is imperative for the health of both mother and baby.

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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