

# VATI RN Maternal Newborn Assessment 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**

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- 1. Which of the following is a potential consequence of poor neonatal adaptation?**
  - A. Strengthened immune system.**
  - B. Favorable mental development.**
  - C. Increased hospitalization rates.**
  - D. Enhanced physiological stability.**
  
- 2. What is the critical reason for delaying the first bath for a newborn?**
  - A. To enhance bonding with parents**
  - B. To stabilize the newborn's temperature**
  - C. To perform a full physical assessment**
  - D. To start breastfeeding sooner**
  
- 3. A nurse assesses a breastfeeding newborn with an 11% weight loss 48 hours after birth. Which finding should be reported to the provider?**
  - A. Active bowel sounds**
  - B. Normal skin color**
  - C. Depressed fontanel**
  - D. Stable temperature**
  
- 4. What is a critical sign of newborn health that should be routinely assessed after delivery?**
  - A. Appearance of jaundice**
  - B. Respiratory rate**
  - C. Reflexes**
  - D. Skin color**
  
- 5. What is the estimated total daily caloric needs for a newborn?**
  - A. 60-80 kcal/kg per day**
  - B. 80-100 kcal/kg per day**
  - C. 100-120 kcal/kg per day**
  - D. 120-150 kcal/kg per day**

- 6. Which finding indicates that terbutaline has been effective in a patient receiving the medication?**
- A. Increased frequency of contractions**
  - B. Decreased fetal heart rate**
  - C. Decreased frequency of contractions**
  - D. Increased maternal blood pressure**
- 7. What is the correct action for obtaining a blood specimen from a newborn via heel stick?**
- A. Cleanse the site with soap and water**
  - B. Use a strong adhesive bandage after collection**
  - C. Cleanse the puncture site with alcohol gauze**
  - D. Allow the site to air dry before puncture**
- 8. What action should a nurse take when assessing a newborn who was born 15 minutes ago?**
- A. Count the respiratory rate for 60 seconds**
  - B. Measure the head circumference**
  - C. Perform a heel stick for blood glucose**
  - D. Administer vitamin K**
- 9. Which maternal factor is most likely to contribute to preterm delivery?**
- A. A healthy balanced diet.**
  - B. Presence of chronic health conditions.**
  - C. Participation in prenatal classes.**
  - D. Good access to healthcare.**
- 10. Based on the Apgar scoring system, what is the score for a newborn with a heart rate of 92 beats per minute and irregular respiratory effort?**
- A. 4**
  - B. 5**
  - C. 6**
  - D. 3**

## **Answers**

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

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## **Explanations**

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**1. Which of the following is a potential consequence of poor neonatal adaptation?**

- A. Strengthened immune system.**
- B. Favorable mental development.**
- C. Increased hospitalization rates.**
- D. Enhanced physiological stability.**

A potential consequence of poor neonatal adaptation is increased hospitalization rates. When a newborn struggles to adjust to the extrauterine environment, they may face complications that require additional medical intervention. These complications can include respiratory distress, difficulty with feeding, or problems with thermoregulation, among others. Such issues often necessitate prolonged observation, specialized care in a neonatal intensive care unit (NICU), or readmission after initial discharge, thereby leading to increased hospitalization rates. In contrast, a strengthened immune system and favorable mental development are outcomes typically associated with healthy or supported neonatal adaptation, rather than poor adaptation. Similarly, enhanced physiological stability reflects an effective adaptation to life outside the womb, which would not occur in the context of poor adaptation. Therefore, recognizing how inadequate adaptation can lead to more severe health challenges emphasizes the importance of proper neonatal care and monitoring.

**2. What is the critical reason for delaying the first bath for a newborn?**

- A. To enhance bonding with parents**
- B. To stabilize the newborn's temperature**
- C. To perform a full physical assessment**
- D. To start breastfeeding sooner**

Delaying the first bath for a newborn is primarily important for stabilizing the newborn's temperature. When a newborn is born, they are not yet able to effectively regulate their body temperature. The vernix caseosa, a protective waxy coating present on the skin of newborns, helps to maintain warmth and prevent heat loss. Bathing immediately can remove this protective layer, increasing the risk of hypothermia. By postponing the bath, healthcare providers can ensure that the newborn retains heat, stabilizing their body temperature and promoting their overall well-being. While enhancing bonding with parents, performing a full physical assessment, and starting breastfeeding sooner are all significant aspects of newborn care, they do not directly address the immediate physiological needs related to temperature regulation, which is critical in the first hours of life.

**3. A nurse assesses a breastfeeding newborn with an 11% weight loss 48 hours after birth. Which finding should be reported to the provider?**

- A. Active bowel sounds**
- B. Normal skin color**
- C. Depressed fontanel**
- D. Stable temperature**

In this scenario, the appropriate finding to report to the provider is the observation of depressed fontanel. In newborns, the fontanel (the soft spots on the head) are important indicators of hydration status and overall health. Depressed fontanel can signify inadequate hydration or fluid loss, which may be particularly concerning in a breastfeeding newborn who is experiencing significant weight loss. An 11% weight loss in the first 48 hours after birth exceeds the expected range for newborns, typically around 5-10% of birth weight, making the assessment of hydration status critical. Depressed fontanel may also indicate that the infant is not receiving enough breast milk, which further exacerbates the risk of dehydration. In contrast, active bowel sounds, normal skin color, and stable temperature do not indicate immediate concerns in this situation. Active bowel sounds suggest normal gastrointestinal function, normal skin color indicates adequate perfusion and oxygenation, and stable temperature suggests that the infant is thermoregulating appropriately. Therefore, these findings would not require immediate reporting to the provider.

**4. What is a critical sign of newborn health that should be routinely assessed after delivery?**

- A. Appearance of jaundice**
- B. Respiratory rate**
- C. Reflexes**
- D. Skin color**

Assessing the respiratory rate of a newborn is critical immediately after delivery because it provides vital information about the infant's overall respiratory function and oxygenation status. Newborns are vulnerable to respiratory distress, and an abnormal respiratory rate can indicate a potential problem such as neonatal respiratory distress syndrome or congenital abnormalities affecting breathing. Monitoring the respiratory rate allows healthcare providers to detect any signs of respiratory distress early on, such as retractions, grunting, or nasal flaring, which can require immediate intervention. It is essential to ensure that the newborn is breathing effectively, as adequate respiratory function is fundamental to obtaining oxygen and facilitating the transition from fetal to neonatal life. While jaundice, reflexes, and skin color are also important aspects of newborn health that are assessed, they do not provide as immediate and direct insight into the newborn's respiratory stability right after delivery. This makes the evaluation of the respiratory rate particularly vital in the context of immediate post-delivery assessments.

**5. What is the estimated total daily caloric needs for a newborn?**

- A. 60-80 kcal/kg per day**
- B. 80-100 kcal/kg per day**
- C. 100-120 kcal/kg per day**
- D. 120-150 kcal/kg per day**

The estimated total daily caloric needs for a newborn is generally around 100-120 kcal/kg per day. This range is essential for supporting the rapid growth and development that occurs during the first few weeks of life. Newborns have high energy requirements due to their small body size and the significant physiological changes they undergo, such as developing their metabolic systems, increasing weight, and building healthy tissue.

Feeding a newborn within this caloric range ensures that their nutritional needs are met, enabling them to thrive as they transition from a dependent fetal state to an independent one. Providing adequate calories through breastfeeding or formula helps support their overall health, immune function, and growth milestones. It is essential to monitor newborns and adjust their caloric intake based on growth patterns and individual needs. While other ranges are mentioned, they are either too low, which might not support the rapid growth alleviating the risk of inadequate caloric intake, or too high, which could lead to overfeeding and associated risks. Therefore, the range of 100-120 kcal/kg per day is the most appropriate for meeting the needs of a healthy, growing newborn.

**6. Which finding indicates that terbutaline has been effective in a patient receiving the medication?**

- A. Increased frequency of contractions**
- B. Decreased fetal heart rate**
- C. Decreased frequency of contractions**
- D. Increased maternal blood pressure**

The finding that indicates terbutaline has been effective is a decreased frequency of contractions. Terbutaline is a beta-agonist commonly used as a tocolytic agent to inhibit premature labor by relaxing the smooth muscles of the uterus. When terbutaline is effective, you would expect to see a reduction in the intensity or frequency of uterine contractions, which is its primary therapeutic effect. In contrast, increased frequency of contractions would suggest that the medication is not achieving its desired effect. A decreased fetal heart rate could indicate fetal distress, which would not be related to the therapeutic effectiveness of terbutaline and may require immediate attention. Similarly, increased maternal blood pressure is not a desired outcome when administering terbutaline, as the medication is intended to relax the uterine muscles without adversely affecting maternal hemodynamics. Thus, the correct finding that demonstrates the effectiveness of terbutaline is indeed a decreased frequency of contractions.

**7. What is the correct action for obtaining a blood specimen from a newborn via heel stick?**

- A. Cleanse the site with soap and water**
- B. Use a strong adhesive bandage after collection**
- C. Cleanse the puncture site with alcohol gauze**
- D. Allow the site to air dry before puncture**

The correct action for obtaining a blood specimen from a newborn via heel stick involves cleansing the puncture site properly to prevent infection and ensure the accuracy of the test results. Cleansing the site with alcohol gauze effectively disinfects the skin, reducing the microbial load and risk of contamination before making the puncture. This step is critical, as newborns have delicate skin and are more susceptible to infection. Allowing the site to air dry before puncture is an appropriate practice as well; however, it's important to note that the cleansing step must be completed first, and the alcohol should not be left in contact with the skin longer than necessary to avoid affecting lab results. Thus, while air-drying is a relevant step, the priority is the proper cleansing approach to ensure a safe and effective blood specimen collection.

**8. What action should a nurse take when assessing a newborn who was born 15 minutes ago?**

- A. Count the respiratory rate for 60 seconds**
- B. Measure the head circumference**
- C. Perform a heel stick for blood glucose**
- D. Administer vitamin K**

Counting the respiratory rate for 60 seconds is essential in the immediate assessment of a newborn. After birth, one of the critical aspects of newborn care is to ensure that the infant is breathing adequately. Newborns are at risk for respiratory distress, which can occur due to various reasons, including fluid in the lungs or airway obstructions. Assessing the respiratory rate provides valuable information about the newborn's respiratory status and allows for early intervention if any abnormalities are noted. A normal respiratory rate for a newborn is typically between 30 to 60 breaths per minute. Taking a full minute for this assessment ensures accuracy and accounts for any variations that might occur if measured over a shorter duration. Measuring head circumference, performing a heel stick for blood glucose, and administering vitamin K are also important assessments and interventions, but counting the respiratory rate is the immediate priority to confirm that the newborn is establishing effective respiration right after birth.

**9. Which maternal factor is most likely to contribute to preterm delivery?**

- A. A healthy balanced diet.**
- B. Presence of chronic health conditions.**
- C. Participation in prenatal classes.**
- D. Good access to healthcare.**

The presence of chronic health conditions is a significant maternal factor that can contribute to preterm delivery. Chronic health issues such as diabetes, hypertension, and autoimmune disorders can complicate pregnancy and increase the risk of early labor. These conditions may lead to physiological stress on the mother and fetus, influencing the timing of delivery. For instance, uncontrolled diabetes can cause increased fetal growth, which may lead to complications requiring preterm delivery, while hypertension can cause placental issues that may necessitate early intervention. In contrast, a healthy balanced diet, participation in prenatal classes, and good access to healthcare are generally supportive factors that promote maternal and fetal health. A balanced diet contributes to proper fetal development and maternal wellness, prenatal classes provide education and preparation for labor, delivery, and postpartum care, and access to healthcare ensures regular monitoring and management of any potential complications during pregnancy. Therefore, while these factors are beneficial, they do not contribute to an increased risk of preterm delivery.

**10. Based on the Apgar scoring system, what is the score for a newborn with a heart rate of 92 beats per minute and irregular respiratory effort?**

- A. 4**
- B. 5**
- C. 6**
- D. 3**

The Apgar scoring system assesses five criteria—Appearance, Pulse, Grimace response, Activity, and Respiration—shortly after birth to evaluate a newborn's health. Each criterion is rated from 0 to 2, with the total score ranging from 0 to 10. For the score in question: 1. **Heart Rate:** A heart rate of 92 beats per minute would receive a score of 1. A score of 0 is given for absent heart rate, and a score of 2 for a heart rate over 100 beats per minute. 2. **Respiratory Effort:** Irregular respiratory effort, which may include slow, labored breathing or significant difficulty in establishing effective breathing, would likely score 1. A score of 0 would be given for no respiratory effort, and a score of 2 for good, strong crying. With these assessments, the scores would be: - Heart Rate: 1 point - Respiratory Effort: 1 point This gives a subtotal of 2 points so far. The final score could vary based on additional criteria such as muscle tone, reflexes, and color which have not been provided in the scenario. If we assume that the newborn receives additional

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

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

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