# CJE MATERNITY 2 PRACTICE EXAM (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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# 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!

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# Questions

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**1. True or false: In cases of placental abruption, assessment for hypovolemic shock and the administration of steroids for fetal lung development are necessary.**

A. True

B. False

**2. During the latent phase of stage one of labor, what is the cervix dilation?**

A. 0-3 cm

B. 4-7 cm

C. 8-10 cm

D. 10 cm and 100% effaced

**3. How is a glucose challenge test performed?**

A. A mother ingests 50g of oral glucose solution

B. A mother undergoes intravenous glucose infusion

C. A blood sample is taken without prior ingestion

D. A mother eats a high-carb meal before the test

**4. True or False: Maternal age is a risk factor for placental abruption.**

A. True

B. False

C. Only in younger mothers

D. Only in older mothers

**5. Which sign of pregnancy is recognized for its reliance on ultrasound?**

A. Hegar's sign

B. Positive pregnancy test

C. Fetal heart sounds

D. Chadwick's sign

**6. What condition occurs when milk isn't fully removed from the breast?**

A. Engorgement

B. Mastitis

C. Blocked ducts

D. Inflammation

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**7. What should the nurse do if the lochia assessment indicates foul odor?**

A. Continue monitoring only

B. Notify the provider immediately

C. Document the observation

D. Provide reassurance to the patient

**8. What is a common characteristic of gestational diabetes regarding glucose tolerance?**

A. Normal glucose tolerance

B. Impaired glucose tolerance

C. Enhanced glucose tolerance

D. Variable glucose tolerance

**9. Which term describes pain during the menstrual cycle typically located in the lower abdomen?**

A. Menorrhagia

B. Anemia

C. Dysmenorrhea

D. Hypermenorrhea

**10. What defines a positive sign of pregnancy?**

A. Presence of morning sickness

B. Internal pelvic examination findings

C. Definitely being pregnant

D. Fetal heart rate variability

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# Answers

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

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# Explanations

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## 1. True or false: In cases of placental abruption, assessment for hypovolemic shock and the administration of steroids for fetal lung development are necessary.

A. True

B. False

*In cases of placental abruption, the assessment for hypovolemic shock is indeed critical. Placental abruption involves the premature separation of the placenta from the uterus, which can result in significant maternal bleeding and a risk for hypovolemic shock. This condition can be life-threatening for both the mother and the fetus, necessitating immediate assessment and intervention. Additionally, the administration of corticosteroids for fetal lung development is a standard practice when there is a risk of preterm delivery. In cases of placental abruption, if the situation warrants early delivery due to the severity of the abruption or maternal and fetal distress, steroids can help accelerate fetal lung maturity, reducing the risk of complications such as respiratory distress syndrome. Thus, both the assessment for hypovolemic shock and the administration of steroids for fetal lung development are necessary actions in the management of placental abruption, making the statement true.*

## 2. During the latent phase of stage one of labor, what is the cervix dilation?

A. 0-3 cm

B. 4-7 cm

C. 8-10 cm

D. 10 cm and 100% effaced

*During the latent phase of the first stage of labor, cervical dilation typically ranges from 0 to 3 centimeters. This phase is characterized by the onset of contractions that gradually become more regular and increase in intensity, but the primary focus during this time is on the gradual effacement and dilation of the cervix. The latent phase usually lasts several hours, and it is often when the laboring person may experience early labor signs without significant progress. This phase is crucial for the onset of labor and marks the beginning of the body's physical preparations for childbirth. Transitioning into the active phase of labor, which follows the latent phase, involves a more significant increase in cervical dilation from 4 to 7 centimeters, followed by the transition to complete dilation at 10 centimeters. Understanding these phases is essential for recognizing the progression of laboring individuals and providing appropriate support and care during each stage.*

## 3. How is a glucose challenge test performed?

A. A mother ingests 50g of oral glucose solution

B. A mother undergoes intravenous glucose infusion

C. A blood sample is taken without prior ingestion

D. A mother eats a high-carb meal before the test

*The glucose challenge test is performed by having a mother ingest a specific amount of glucose solution, typically 50 grams. This test is designed to assess how the body processes glucose and is commonly used as a screening tool for gestational diabetes. After the ingestion of glucose, blood samples are taken at set intervals to measure the blood sugar levels. This method is effective because it allows health care providers to evaluate the mother's ability to handle glucose loads, which is critical for identifying any potential glucose metabolism issues during pregnancy. The ingestion of the glucose solution is key to simulating how the body reacts to sugar, making this approach standard practice in prenatal care.*

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## 4. True or False: Maternal age is a risk factor for placental abruption.

A. True

B. False

C. Only in younger mothers

D. Only in older mothers

*The statement is true because maternal age is indeed recognized as a risk factor for placental abruption. Research indicates that both very young mothers, particularly those under 20, and older mothers, especially those over 35, face an increased risk of experiencing complications during pregnancy, including placental abruption. In younger mothers, factors such as inadequate prenatal care, high rates of smoking, or other socioeconomic challenges may contribute to this heightened risk. Conversely, older mothers may be more likely to have underlying health issues, such as hypertension or diabetes, which can also elevate the likelihood of placental abruption. The nuances of this risk highlight the importance of monitoring maternal age as part of a comprehensive assessment of risk factors in pregnancy. Understanding the implications of maternal age can help healthcare providers tailor care and intervention strategies appropriately to improve outcomes for both the mother and the child.*

## 5. Which sign of pregnancy is recognized for its reliance on ultrasound?

A. Hegar's sign

B. Positive pregnancy test

C. Fetal heart sounds

D. Chadwick's sign

*The sign of pregnancy that is recognized for its reliance on ultrasound is the detection of fetal heart sounds. This sign typically manifests around six weeks of gestation and can be confirmed through the use of ultrasound technology. Fetal heart sounds indicate that a fetus is developing and usually can be visualized as early as the sixth week but is more commonly assessed a bit later in the first trimester. Ultrasound provides a clear, visual confirmation of fetal heart activity, which is a significant indicator of a viable pregnancy. In contrast, other signs, such as Hegar's sign, Chadwick's sign, and positive pregnancy tests, do not specifically require ultrasound for confirmation. Hegar's sign refers to the softening of the lower uterine segment as felt during a physical examination, Chadwick's sign relates to the bluish coloration of the cervix and vagina, and a positive pregnancy test measures hormone levels in the urine or blood. While these signs can indicate a pregnancy, they do not rely on imaging technology to be confirmed. Thus, the identification of fetal heart sounds through ultrasound is a definitive measure of pregnancy that is scientifically validated and widely accepted in clinical practice.*

## 6. What condition occurs when milk isn't fully removed from the breast?

A. Engorgement

B. Mastitis

C. Blocked ducts

D. Inflammation

*Engorgement occurs when milk isn't fully removed from the breast, leading to a painful swelling of the breast tissue. This situation often arises when there is an oversupply of milk or infrequent breastfeeding or pumping sessions, preventing effective emptying of the breast. Symptoms of engorgement can include a feeling of heaviness, firmness, and swelling, making breastfeeding more difficult. While mastitis is a more serious condition involving infection and inflammation, and blocked ducts refer to specific areas of the mammary glands that become clogged, engorgement specifically addresses the issue of fullness from inadequate milk removal. Therefore, understanding the mechanics of breastfeeding and milk removal is critical to preventing engorgement and ensuring maternal comfort and continued breastfeeding success.*

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## 7. What should the nurse do if the lochia assessment indicates foul odor?

A. Continue monitoring only

B. Notify the provider immediately

C. Document the observation

D. Provide reassurance to the patient

*A foul odor in lochia can be indicative of an infection, such as endometritis, especially if it is accompanied by other symptoms like an elevated temperature or increased pain. In such cases, it is critical for the nurse to notify the healthcare provider immediately to facilitate timely assessment and intervention. This can help prevent complications and support the patient's recovery. It is essential that any abnormal findings, particularly those suggesting infection, are addressed promptly and appropriately. Monitoring, documentation, and reassurance are important nursing actions, but they do not suffice when faced with a potential infection indicated by foul-smelling lochia.*

## 8. What is a common characteristic of gestational diabetes regarding glucose tolerance?

A. Normal glucose tolerance

B. Impaired glucose tolerance

C. Enhanced glucose tolerance

D. Variable glucose tolerance

*Gestational diabetes is characterized by impaired glucose tolerance that develops during pregnancy. This condition arises when the body cannot produce enough insulin during the increased metabolic demands of pregnancy, leading to elevated glucose levels in the blood. Impaired glucose tolerance means that while the body can still process glucose, it does so less effectively than normal, resulting in higher blood sugar levels that do not meet the criteria for diabetes. This is a critical aspect of gestational diabetes, as it can impact both maternal and fetal health if not managed appropriately. Normal glucose tolerance, enhanced glucose tolerance, and variable glucose tolerance do not accurately reflect the challenges faced by women with gestational diabetes, where the underlying issue is the body's inability to maintain normal glucose metabolism during pregnancy. Hence, recognizing impaired glucose tolerance is essential for the diagnosis and management of gestational diabetes.*

## 9. Which term describes pain during the menstrual cycle typically located in the lower abdomen?

A. Menorrhagia

B. Anemia

C. Dysmenorrhea

D. Hypermenorrhea

*Dysmenorrhea refers specifically to the pain associated with menstruation, often felt in the lower abdomen. This term encompasses the various types of discomfort that can occur before or during a woman's menstrual period, including cramping and pelvic pain. It is a common condition experienced by many individuals of reproductive age and can vary in intensity from dull aches to severe pain that interferes with daily activities. In contrast, menorrhagia refers to excessively heavy or prolonged menstrual bleeding, anemia is a condition characterized by a deficiency in red blood cells or hemoglobin, often resulting from heavy menstrual bleeding, and hypermenorrhea involves an increase in the duration or flow of menstrual bleeding. While these other terms relate to menstrual cycle issues, they do not describe the specific pain experienced during menstruation as dysmenorrhea does.*

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## 10. What defines a positive sign of pregnancy?

A. Presence of morning sickness

B. Internal pelvic examination findings

C. Definitely being pregnant

D. Fetal heart rate variability

*A positive sign of pregnancy refers to definitive indicators that confirm a pregnancy. The correct choice identifies that there are signs that unequivocally establish the presence of a fetus. This includes things like ultrasound findings showing a gestational sac or fetal heart motion, which are direct evidence of pregnancy. Other options may indicate pregnancy-related symptoms or findings but do not provide absolute confirmation. For example, morning sickness is a common symptom experienced during pregnancy but can occur in other contexts and therefore is not definitive. Internal pelvic examination findings may suggest a pregnancy but could also result from other conditions. Fetal heart rate variability, while indicative of fetal well-being during pregnancy, is also not a confirmatory sign on its own without further context or assessment.*

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# 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://cjematernity2.examzify.com

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

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