DAVIS ADVANTAGE FOR MATERNAL-NEWBORN PRACTICE TEST (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. What behavior might indicate a mother's emotional attachment to her fetus during the third trimester?

A. Talking to the fetus

B. Ignoring fetal movements

C. Expressing anxiety about motherhood

D. Seeking solitude from family

2. What is the name of the endometrial cycle phase occurring from ovulation to just before menses?

A. Menstrual phase

B. Proliferative phase

C. Secretory phase

D. Ischemic phase

3. At 6 weeks gestation, which client condition indicates ambivalence?

A. Fundus at the umbilicus

B. Multiple pillow orthopnea

C. Maternal ambivalence

D. Pedal and ankle edema

4. An L/S ratio of 2:1 from an amniocentesis suggests what regarding fetal lung maturity?

A. The baby's lung fields are immature.

B. The baby's lung fields are mature.

C. The mother is at risk for hemorrhage.

D. The baby's kidneys are functioning poorly.

5. Which client statement indicates a need for further assessment at a prenatal visit?

A. I enjoy the baby moving

B. I call my mom every day

C. My partner and I discuss the baby a lot

D. I hate it when the baby moves

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6. What is the primary purpose of folic acid supplementation during pregnancy?

A. Improve the bone density of pregnant women.

B. Decrease the incidence of neural tube defects in the fetus.

C. Decrease the incidence of Down syndrome in the fetus.

D. Improve calcium uptake in pregnant women.

7. What is a possible sign of Couvade syndrome in a pregnant man's behavior?

A. Weight loss

B. Weight gain

C. Increased appetite

D. Heightened mood changes

8. The American Nurses Association Code of Ethics for Nurses emphasizes providing care that is:

A. Curative

B. Utilitarian

C. Negotiable

D. Respectful

9. Using Naegle's rule, what would be the estimated date of delivery for a patient whose last menstrual period was July 6, 2007?

A. January 9, 2008

B. April 13, 2008

C. April 20, 2008

D. September 6, 2008

10. The color of a person's hair is an example of which of the following?

A. Genome

B. Sex-link inheritance

C. Genotype

D. Phenotype

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Answers

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

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Explanations

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1. What behavior might indicate a mother's emotional attachment to her fetus during the third trimester?

A. Talking to the fetus

B. Ignoring fetal movements

C. Expressing anxiety about motherhood

D. Seeking solitude from family

Talking to the fetus is a behavior that strongly indicates a mother's emotional attachment during the third trimester. This behavior reflects an active engagement and bonding process, as many mothers begin to personally connect with their unborn babies in this stage. By communicating with the fetus, whether through talking, singing, or reading, mothers often express their anticipation and emotional investment, fostering a sense of connection that is important for maternal-fetal bonding. During the third trimester, mothers are typically more aware of fetal movements and developments, making verbal interaction a natural response that signifies recognition and acceptance of the fetus as a separate individual. This behavior can also enhance the emotional experience of pregnancy and contribute positively to the mother's mental health as she prepares for the arrival of her baby. In contrast, other behaviors such as ignoring fetal movements, expressing anxiety about motherhood, or seeking solitude may point to different emotional states or challenges that could interfere with the bonding process rather than indicate a strong emotional attachment.

2. What is the name of the endometrial cycle phase occurring from ovulation to just before menses?

A. Menstrual phase

B. Proliferative phase

C. Secretory phase

D. Ischemic phase

The endometrial cycle phase that occurs from ovulation to just before menses is known as the secretory phase. During this phase, which typically lasts about 14 days, the endometrium undergoes significant changes in preparation for a potential pregnancy. After ovulation, the ruptured follicle transforms into the corpus luteum, which secretes hormones such as progesterone. This hormone plays a critical role in thickening the endometrial lining, making it more suitable for implantation of a fertilized egg. If pregnancy does not occur, the corpus luteum eventually degenerates, leading to a decrease in hormone levels, which triggers the subsequent shedding of the endometrial lining during the menstrual phase. The secretory phase is characterized by glandular development and an increase in blood supply, creating an environment rich in nutrients to support early embryonic development, should fertilization take place. Understanding this phase is crucial for recognizing normal menstrual cycle physiology and identifying potential issues related to infertility or menstrual irregularities.

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3. At 6 weeks gestation, which client condition indicates ambivalence?

A. Fundus at the umbilicus

B. Multiple pillow orthopnea

C. Maternal ambivalence

D. Pedal and ankle edema

The scenario presents maternal ambivalence as an indicator of a specific emotional response during the early stages of pregnancy. At just six weeks gestation, it's not uncommon for some women to experience mixed feelings about the pregnancy, including uncertainty, anxiety, excitement, or even fear. This emotional state is indicative of ambivalence, where a woman may struggle with her feelings about becoming a parent or the changes that pregnancy brings. Fundal height, typically around the pubic symphysis at this gestational age, does not reflect emotional states but rather physical changes. Multiple pillow orthopnea might indicate a potential respiratory issue, and pedal and ankle edema suggests fluid retention often associated with later stages of pregnancy or certain medical conditions. None of these physical conditions pertain to the emotional or psychological state that defines ambivalence during pregnancy. Hence, recognizing maternal ambivalence specifically addresses the complex emotions that can arise in early pregnancy, making it the correct answer.

4. An L/S ratio of 2:1 from an amniocentesis suggests what regarding fetal lung maturity?

A. The baby's lung fields are immature.

B. The baby's lung fields are mature.

C. The mother is at risk for hemorrhage.

D. The baby's kidneys are functioning poorly.

An L/S ratio, or lecithin-to-sphingomyelin ratio, derived from amniotic fluid during amniocentesis serves as a key indicator of fetal lung maturity. A ratio of 2:1 indicates that the production of lecithin, which is a component of surfactant essential for keeping the alveoli in the lungs open, is adequate compared to sphingomyelin. This is crucial because adequate levels of surfactant reduce the risk of respiratory distress syndrome (RDS) in the newborn. In developing fetuses, surfactant begins to be produced around the 24th week of gestation, with increasing amounts closer to term. A 2:1 ratio typically suggests that the fetus is likely to be mature enough to have significantly developed lung function, indicating a lower risk for complications associated with respiratory distress. Other options may refer to potential complications or conditions unrelated to lung maturity. Thus, the significance of an L/S ratio of 2:1 points directly to the maturity of the baby's lung fields at the time of testing, supporting the conclusion that the baby's lungs are mature.

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5. Which client statement indicates a need for further assessment at a prenatal visit?

A. I enjoy the baby moving

B. I call my mom every day

C. My partner and I discuss the baby a lot

D. I hate it when the baby moves

The statement indicating a need for further assessment is the one expressing dislike for the baby's movements. This statement could suggest underlying concerns such as anxiety, fear, or distress regarding the pregnancy and the changes it brings. A mother's perception of fetal movement is an essential aspect of prenatal care, as it can reflect her emotional well-being and bond with the baby. Feeling negatively about fetal movement could be a red flag that warrants further exploration by the healthcare provider. This might include assessing maternal mental health, understanding her feelings toward the pregnancy, and ensuring that there are no misconceptions or fears affecting her well-being and the baby's development. The other statements reflect positive or neutral feelings about the pregnancy and relationships, indicating healthy engagement with the pregnancy process and support systems, which are typically reassuring factors in a prenatal visit.

6. What is the primary purpose of folic acid supplementation during pregnancy?

A. Improve the bone density of pregnant women.

B. Decrease the incidence of neural tube defects in the fetus.

C. Decrease the incidence of Down syndrome in the fetus.

D. Improve calcium uptake in pregnant women.

The primary purpose of folic acid supplementation during pregnancy is to decrease the incidence of neural tube defects in the fetus. Neural tube defects occur when the neural tube, which later develops into the brain and spinal cord, does not close properly during the early stages of pregnancy. Folic acid, or vitamin B9, is crucial in DNA synthesis and repair, and it plays a significant role in cell division and growth, particularly in rapidly dividing cells of the developing fetus. Research has shown that adequate folic acid intake before conception and during early pregnancy can significantly reduce the risk of neural tube defects such as spina bifida and anencephaly. This is why healthcare providers recommend that women who are planning to become pregnant take folic acid supplements to ensure that they have sufficient levels of this essential nutrient at the critical time of fetal development. The other options, while they touch on important health aspects, do not directly correlate with the primary and well-established role of folic acid during pregnancy. For instance, while improving bone density and calcium uptake are important considerations for overall maternal health, they are not the primary aims of folic acid supplementation. Additionally, while folic acid is beneficial for many aspects of fetal development, it is not specifically indicated for reducing the incidence

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7. What is a possible sign of Couvade syndrome in a pregnant man's behavior?

A. Weight loss

B. Weight gain

C. Increased appetite

D. Heightened mood changes

Couvade syndrome, often referred to as "sympathy pregnancy," involves a partner experiencing physical or psychological symptoms similar to those of a pregnant person. In the context of this question, weight gain is a notable sign of Couvade syndrome among expectant partners. This phenomenon can be attributed to several factors, including changes in lifestyle, emotional stressors, and the psychological impact of the pregnancy on the partner. These individuals may begin to mimic their pregnant partner's behaviors, including eating habits, which can lead to weight gain. It reflects a deep emotional connection and empathy towards their partner experiencing the physical changes of pregnancy. While the other options might reflect various lifestyle changes or emotional responses, weight gain specifically resonates with the physical manifestations of sympathizing with a partner's pregnancy, thus making it a prominent sign of Couvade syndrome.

8. The American Nurses Association Code of Ethics for Nurses emphasizes providing care that is:

A. Curative

B. Utilitarian

C. Negotiable

D. Respectful

The American Nurses Association Code of Ethics for Nurses emphasizes providing care that is respectful, reflecting the fundamental principle of honoring the dignity, worth, and unique attributes of each individual. Respectful care means recognizing patients as partners in their health journey, understanding their values, and ensuring that their rights and preferences are acknowledged throughout the care process. This approach fosters a therapeutic relationship between nurses and patients, promotes trust, and encourages open communication, which are vital components of quality nursing practice. By centering care on respect, nurses support patient autonomy and encourage active participation in decision-making. This ethical principle not only enhances patient satisfaction but also contributes to better health outcomes, as patients who feel respected are more likely to engage in their care plans and adhere to medical advice. Thus, the emphasis on respectful care aligns with the core values of nursing, advocating for humanity and compassion in all interactions with patients.

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9. Using Naegle's rule, what would be the estimated date of delivery for a patient whose last menstrual period was July 6, 2007?

A. January 9, 2008

B. April 13, 2008

C. April 20, 2008

D. September 6, 2008

To estimate the date of delivery using Naegle's rule, you start with the first day of the last menstrual period (LMP) and follow a specific formula: add one year, subtract three months, and add seven days to the date of the LMP. In this case, the last menstrual period is July 6, 2007. 1. Add one year: July 6, 2007 becomes July 6, 2008. 2. Subtract three months: July 6, 2008 becomes April 6, 2008. 3. Add seven days: April 6, 2008 becomes April 13, 2008. Thus, the estimated date of delivery for this patient would be April 13, 2008. This method is a standard way to calculate due dates and helps ensure that estimates are made consistently. The answer of April 13, 2008 aligns perfectly with the formula derived from Naegle's rule, making it the correct choice for this scenario.

10. The color of a person's hair is an example of which of the following?

A. Genome

B. Sex-link inheritance

C. Genotype

D. Phenotype

The color of a person's hair is classified as a phenotype. Phenotype refers to the observable characteristics or traits of an individual, which result from the interaction of their genotype (the genetic makeup) with the environment. Hair color, being a visible trait, exemplifies how genetic factors and possibly environmental influences contribute to an individual's appearance. In contrast, the genome encompasses the complete set of genetic material present in an organism, including all of its genes, rather than specific observable traits. Sex-link inheritance pertains to traits that are linked to sex chromosomes and typically affects how certain traits are passed down and expressed between genders, which does not apply directly to the general trait of hair color. Genotype refers to the specific alleles or genetic makeup associated with a trait, but it does not represent the observable characteristics themselves. Thus, hair color being an observable trait makes it a clear example of a phenotype.

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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:

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

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