

HESI OBSTETRICS (OB) 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.

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. What is an appropriate nursing intervention for a client receiving magnesium sulfate for preeclampsia?**
 - A. Monitor heart rate and rhythm
 - B. Encourage increased fluid intake
 - C. Assess for knee-jerk reflexes
 - D. Limit monitoring to vital signs only
- 2. What is the recommended number of prenatal visits during a typical pregnancy?**
 - A. 4 to 6 visits
 - B. 8 to 10 visits
 - C. 10 to 12 visits
 - D. 12 to 15 visits
- 3. If a client at 28 weeks gestation presents with bright red vaginal bleeding but no contractions or pain, what should the nurse instruct her to do?**
 - A. Come to the clinic today for an ultrasound
 - B. Go immediately to the emergency room
 - C. Lie on your left side for about one hour
 - D. Bring a urine specimen to the lab tomorrow
- 4. What is the primary reason for encouraging a laboring client to void at least every two hours?**
 - A. An over-distending bladder could be traumatized during labor
 - B. Frequent voiding minimizes the need for catheterization
 - C. Urine specimens for glucose and protein must be obtained
 - D. Emptying the bladder during delivery is difficult
- 5. What is the significance of a biophysical profile (BPP) in fetal assessment?**
 - A. Evaluates fetal breathing and movement
 - B. Assesses maternal health status
 - C. Determines fetal sex and anomalies
 - D. Measures fetal weight and growth

- 6. Which client requires the most caution when giving an enema during labor?**
- A. A gravida 6, para 5 who is 38 years of age in early labor
 - B. A 37 week primigravida at 100% effacement, 3 cm dilation
 - C. A gravida 2, para 1 at 1 cm dilation and a 0 station
 - D. A 40-wk primigravida at 6 cm dilation with a floating presenting part
- 7. What is often monitored during postnatal care to ensure maternal health?**
- A. Infant weight gain
 - B. Maternal emotional well-being
 - C. Fetal health signs
 - D. Time duration of labor
- 8. What common medication may be given to prevent preterm labor?**
- A. Antibiotics
 - B. Analgesics
 - C. Tocolytics
 - D. Anticoagulants
- 9. In cases of uterine abnormalities, which delivery method may be safer?**
- A. Vaginal delivery
 - B. Cesarean delivery
 - C. Assisted delivery
 - D. Home delivery
- 10. Which test assesses the risk of chromosomal abnormalities in the fetus?**
- A. Amniocentesis
 - B. Ultrasound
 - C. Non-stress test
 - D. Chorionic villus sampling

Answers

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

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Explanations

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1. What is an appropriate nursing intervention for a client receiving magnesium sulfate for preeclampsia?

- A. Monitor heart rate and rhythm
- B. Encourage increased fluid intake
- C. Assess for knee-jerk reflexes**
- D. Limit monitoring to vital signs only

When a client is receiving magnesium sulfate for preeclampsia, assessing knee-jerk reflexes is an important nursing intervention. Magnesium sulfate is used to prevent seizures in patients with preeclampsia and can lead to magnesium toxicity, which affects the neurological system. Monitoring knee-jerk reflexes helps determine the client's neurological status and ensure that magnesium levels remain within a safe range. A diminished or absent reflex may indicate the onset of toxicity, prompting the nurse to take appropriate action, such as adjusting the medication or administering calcium gluconate as an antidote. Other interventions, while relevant in a broader scope, do not focus specifically on the immediate concerns associated with magnesium sulfate therapy. Monitoring heart rate and rhythm is essential for overall cardiovascular assessment, but it may not provide as direct insight into magnesium toxicity. Encouraging increased fluid intake can be beneficial for hydration, but it does not directly monitor the effects of magnesium on the nervous system. Limiting monitoring to vital signs only is insufficient in this context, as it neglects critical components that could indicate adverse effects of the medication. Thus, assessing knee-jerk reflexes remains the most appropriate nursing intervention for this scenario.

2. What is the recommended number of prenatal visits during a typical pregnancy?

- A. 4 to 6 visits
- B. 8 to 10 visits**
- C. 10 to 12 visits
- D. 12 to 15 visits

The recommended number of prenatal visits during a typical pregnancy is typically around 8 to 10 visits. This guideline is grounded in the understanding that regular prenatal care is essential for monitoring the health of both the mother and the developing fetus, managing any complications, and providing education and support throughout pregnancy. Initially, visits are often scheduled every four weeks during the first 28 weeks of pregnancy. After that, the frequency may increase to every two to three weeks until around 36 weeks, and then weekly visits are common until delivery. This structure ensures that any potential issues can be identified and addressed promptly, contributing to better maternal and fetal outcomes. In a typical pregnancy, 8 to 10 visits allow for adequate screenings, blood tests, and opportunities for patient education, which are vital for the health and well-being of both mother and baby. The guideline reflects a balance between providing sufficient care without overloading the system or the patient. While other options may suggest different ranges, the standard best practices align closely with the 8 to 10 visits throughout pregnancy.

3. If a client at 28 weeks gestation presents with bright red vaginal bleeding but no contractions or pain, what should the nurse instruct her to do?

- A. Come to the clinic today for an ultrasound**
- B. Go immediately to the emergency room
- C. Lie on your left side for about one hour
- D. Bring a urine specimen to the lab tomorrow

In the context of bright red vaginal bleeding at 28 weeks gestation without contractions or pain, the most appropriate guidance for the client is to come to the clinic for an ultrasound. This recommendation is crucial because it allows for timely assessment of the situation. An ultrasound can help determine the cause of the bleeding, whether it is due to placenta previa, placental abruption, or other complications. Monitoring the condition is essential, and while immediate evaluation is warranted, it does not necessarily require an emergency room visit if the patient is stable and asymptomatic aside from the bleeding. The clinic can perform the necessary imaging studies and evaluations to ensure both maternal and fetal well-being in a controlled environment. Furthermore, remaining calm and seeking appropriate care can help mitigate unnecessary anxiety in the client. In this scenario, simply instructing to lie on the left side is helpful for improving blood flow but does not address the need for medical evaluation. Going immediately to the emergency room would typically be reserved for severe cases where immediate intervention may be necessary. Lastly, waiting to bring a urine specimen the next day does not prioritize the need for evaluation of the current obstetric condition, especially in the context of active bleeding.

4. What is the primary reason for encouraging a laboring client to void at least every two hours?

- A. An over-distending bladder could be traumatized during labor**
- B. Frequent voiding minimizes the need for catheterization
- C. Urine specimens for glucose and protein must be obtained
- D. Emptying the bladder during delivery is difficult

Encouraging a laboring client to void at least every two hours is primarily important because an over-distended bladder can pose significant risks during labor. As labor progresses, the uterus expands and can exert pressure on the bladder, leading to urinary retention. This retention can create a distended bladder, which not only increases discomfort but can also obstruct the descent of the fetal presenting part. An over-distended bladder may result in trauma or injury to the bladder itself, as well as increase the risk of complications such as urinary incontinence post-delivery. By promoting regular voiding, the risks associated with over-distension are minimized. This proactive approach helps maintain optimal bladder function, supports the normal progression of labor, and can enhance maternal comfort. It also facilitates the labor process by ensuring that the bladder is not interfering with other aspects of labor or the delivery.

5. What is the significance of a biophysical profile (BPP) in fetal assessment?

A. Evaluates fetal breathing and movement

B. Assesses maternal health status

C. Determines fetal sex and anomalies

D. Measures fetal weight and growth

A biophysical profile (BPP) is a critical assessment tool used to evaluate the health and well-being of the fetus during pregnancy. It specifically assesses key indicators of fetal health, including fetal breathing movements, fetal movement, fetal tone, amniotic fluid volume, and the heart rate reaction to stimulation. By evaluating fetal breathing and movement, the BPP provides insights into the fetal nervous system's development and function, helping to identify potential issues that may require further investigation or intervention. The other options, while related to aspects of pregnancy, do not accurately represent the primary focus of a BPP. Maternal health assessment is important, but it is not the central purpose of the BPP. Determining fetal sex and anomalies is typically done through other diagnostic methods such as ultrasounds or genetic testing, rather than the BPP. Lastly, while fetal weight and growth can be monitored through ultrasound, the BPP specifically does not measure these aspects; its focus is fundamentally on biophysical indicators rather than growth metrics. Therefore, the significance of the BPP lies in its comprehensive evaluation of fetal breathing and movements as essential markers of fetal health.

6. Which client requires the most caution when giving an enema during labor?

A. A gravida 6, para 5 who is 38 years of age in early labor

B. A 37 week primigravida at 100% effacement, 3 cm dilation

C. A gravida 2, para 1 at 1 cm dilation and a 0 station

D. A 40-wk primigravida at 6 cm dilation with a floating presenting part

The client who requires the most caution when giving an enema during labor is the 40-week primigravida at 6 cm dilation with a floating presenting part. In this scenario, the nurse must consider several important factors that make this case particularly sensitive. Firstly, the term "floating presenting part" indicates that the fetus has not yet engaged in the pelvis, which can make the labor process unpredictable. In such cases, administering an enema can lead to complications such as the risk of increased uterine contractions or even precipitating labor if the fetus is not adequately positioned for a safe delivery. Furthermore, at 6 cm dilation, the client is in active labor, and any intervention, such as an enema, must be considered carefully due to the potential effects on the contractions and the dynamics of labor. The use of an enema at this stage, especially with a floating presenting part, may not only be unnecessary but could also increase the risk of complications for both the mother and the fetus. In contrast, the other clients listed are in different stages of labor or have more stable situations that make the administration of an enema less risky. For instance, a client who is less dilated or already engaged in labor may not encounter the same

7. What is often monitored during postnatal care to ensure maternal health?

- A. Infant weight gain
- B. Maternal emotional well-being**
- C. Fetal health signs
- D. Time duration of labor

Monitoring maternal emotional well-being during postnatal care is essential for several reasons. Following childbirth, women may experience a range of emotional responses, including joy, anxiety, and sometimes more severe conditions such as postpartum depression or anxiety disorders. Healthcare providers routinely assess the emotional state of new mothers to identify any signs of distress or mental health issues early on. This can facilitate timely interventions, ensuring the mother receives appropriate support or treatment if needed. Addressing maternal mental health is crucial, as it not only affects the mother's quality of life but also influences bonding with the infant and overall family dynamics. In context, tracking infant weight gain, while important for assessing the newborn's health, mainly pertains to the infant rather than the mother's immediate postnatal health. Monitoring fetal health signs is irrelevant after delivery since the focus shifts to the mother and newborn. The time duration of labor primarily pertains to the labor and delivery phase and does not impact postnatal evaluation of maternal health. Thus, maternal emotional well-being is a critical element in postnatal care and is vital for ensuring a healthy transition into motherhood.

8. What common medication may be given to prevent preterm labor?

- A. Antibiotics
- B. Analgesics
- C. Tocolytics**
- D. Anticoagulants

Tocolytics are a class of medications specifically used to relax the uterus and inhibit contractions, making them effective in the management of preterm labor. Their primary role is to delay labor and give additional time for fetal development, thus reducing the risk of complications associated with premature birth. By stopping or slowing down contractions, tocolytics can help extend gestation and improve outcomes for the newborn. Antibiotics, while important in treating infections that might contribute to preterm labor, do not directly prevent labor itself. Analgesics are used for pain relief but do not impact uterine contractions or labor progression. Anticoagulants are used to prevent blood clots and may have roles in certain pregnancy complications but are unrelated to the prevention of preterm labor. Therefore, tocolytics stand out as the correct choice for preventing preterm labor specifically.

9. In cases of uterine abnormalities, which delivery method may be safer?

- A. Vaginal delivery
- B. Cesarean delivery**
- C. Assisted delivery
- D. Home delivery

In cases of uterine abnormalities, cesarean delivery is often considered the safer method. This is primarily because certain uterine abnormalities, such as uterine fibroids, septate uterus, or structural issues like a bicornuate uterus, can pose significant risks during labor. These conditions may increase the likelihood of complications such as uterine rupture, excessive hemorrhage, or fetal distress during a vaginal delivery. A cesarean delivery allows for a controlled environment where the healthcare team can manage any potential complications while ensuring the safety of both the mother and the baby. Additionally, if there is a significant risk of mechanical obstruction due to the abnormalities, a planned cesarean can prevent the stresses and strains of labor that may exacerbate these issues. Other delivery methods may not offer the same level of safety in these instances. Vaginal delivery could lead to unforeseen complications depending on the nature of the uterine abnormality. Assisted delivery, while sometimes necessary in certain situations, also carries risks and may not be as suitable for cases with abnormal uterine anatomy. Home delivery, on the other hand, lacks the necessary resources and immediate medical intervention that might be required in case of complications associated with uterine abnormalities. Thus, cesarean delivery is typically the recommended approach

10. Which test assesses the risk of chromosomal abnormalities in the fetus?

- A. Amniocentesis**
- B. Ultrasound
- C. Non-stress test
- D. Chorionic villus sampling

Amniocentesis is a diagnostic procedure that involves taking a sample of amniotic fluid surrounding the fetus. This fluid contains fetal cells and various substances that can be analyzed for chromosomal abnormalities. During this procedure, healthcare providers can perform genetic testing on the cells to identify conditions such as Down syndrome, trisomy 18, and other chromosomal disorders. It is typically performed between 15 and 20 weeks of pregnancy and is considered a highly accurate method for assessing genetic risks. In contrast, while chorionic villus sampling is also used to detect chromosomal abnormalities, it is performed earlier in the pregnancy and does not involve amniotic fluid. Ultrasound serves primarily as an imaging tool to assess fetal growth and structure, rather than specifically analyzing for chromosomal issues. The non-stress test is utilized to evaluate fetal heart rate and well-being, focusing on the baby's oxygenation and health rather than genetic abnormalities.

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://hesiobstetrics.examzify.com>

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

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