NACE CARE OF CHILDBEARING FAMILY 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 should the nurse advise an HIV-positive mother regarding breastfeeding?**

   A. Breastfeeding is safe if the viral load is low.

   B. Breastfeeding may be a mode of transmission of the HIV virus.

   C. Breastfeeding can strengthen the baby's immune system.

   D. Breastfeeding is recommended for all HIV-positive mothers.

2. **What is the purpose of prenatal vitamins?**

   A. To provide essential nutrients that support a healthy pregnancy

   B. To replace regular meals during pregnancy

   C. To enhance the mother's physical appearance

   D. To prevent morning sickness

3. **How should the nurse determine the duration of contractions for a patient in labor?**

   A. Count from the beginning to the beginning of the next contraction

   B. Measure from the peak of one contraction to the peak of the next

   C. Count from the beginning of one contraction to the end of the same contraction

   D. Observe the change in fetal heart rate during contractions

4. **Which action by a postpartum patient indicates that the instruction on the use of a sitz bath was effective?**

   A. The patient uses the sitz bath three times a day

   B. The patient prefers to use hot compresses

   C. The patient takes a warm shower instead

   D. The patient avoids any baths completely

5. **What is the purpose of pelvic floor exercises during pregnancy?**

   A. To strengthen pelvic muscles and prepare for labor and recovery

   B. To promote weight loss

   C. To increase cardiovascular endurance

   D. To enhance flexibility and balance

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6. Which instruction should a nurse include in the discharge plan for a client treated for preterm labor?

A. Engage in regular physical activity

B. Avoid sexual intercourse

C. Monitor fetal movements

D. Increase fluid intake

7. What information should the nurse include for a client with herpes simplex virus type II during pregnancy?

A. It can be treated with oral antivirals during labor

B. It will not affect the delivery method

C. A Cesarean section will be necessary when labor begins

D. It is safe to have vaginal delivery

8. When should the alpha-fetoprotein test typically be performed during pregnancy?

A. 7 to 10 weeks of gestation

B. 15 to 20 weeks of gestation

C. 25 to 30 weeks of gestation

D. 35 to 40 weeks of gestation

9. During the postpartum admission assessment, what is an appropriate action for the nurse if the patient's perineum appears edematous and ecchymotic?

A. Request a consultation with a surgeon.

B. Apply petrolatum to the patient's perineum.

C. Instruct the patient to rest more.

D. Advise the patient to take a sitz bath.

10. In a class for women in their second trimester, which statement indicates a need for further instruction about alleviating back pain?

A. I will lean slightly backwards when I walk.

B. I will practice good posture when sitting.

C. I will use a firm mattress to sleep.

D. I will avoid high heels.

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Answers

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

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Explanations

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1. What should the nurse advise an HIV-positive mother regarding breastfeeding?

A. Breastfeeding is safe if the viral load is low.

B. Breastfeeding may be a mode of transmission of the HIV virus.

C. Breastfeeding can strengthen the baby's immune system.

D. Breastfeeding is recommended for all HIV-positive mothers.

In the scenario of an HIV-positive mother considering breastfeeding, it is critical to recognize that breastfeeding can pose a risk of transmitting the HIV virus to the infant. The virus is found in breast milk, and so there exists a potential for the baby to become infected through this route. This emphasizes the importance of understanding that while breastfeeding has numerous benefits, the risk of HIV transmission is a significant concern for HIV-positive mothers. Current guidelines recommend that HIV-positive mothers are typically advised against breastfeeding unless they are on effective antiretroviral therapy (ART) and have an undetectable viral load. Even so, the primary concern remains the risk of transmission, making it clear that breastfeeding is not a universally safe option for all mothers in this situation. Therefore, the emphasis on the potential for breastfeeding to serve as a mode of transmission is crucial for advising mothers on the best feeding practices for the health of their infants.

2. What is the purpose of prenatal vitamins?

A. To provide essential nutrients that support a healthy pregnancy

B. To replace regular meals during pregnancy

C. To enhance the mother's physical appearance

D. To prevent morning sickness

Prenatal vitamins are specifically formulated to support the nutritional needs of a pregnant individual. They provide essential nutrients that are crucial during pregnancy, such as folic acid, iron, calcium, and DHA. Folic acid is especially important as it helps in the prevention of neural tube defects in the developing fetus. Iron supports increased blood volume and helps prevent anemia, while calcium is vital for the development of the baby's bones and teeth. These vitamins are intended to complement a balanced diet, ensuring that both the mother and baby receive adequate nutrition during this critical time. While other options may include aspects that seem beneficial, they do not accurately reflect the primary goal of prenatal vitamins, which is to contribute to a healthy pregnancy by meeting specific nutritional requirements.

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3. How should the nurse determine the duration of contractions for a patient in labor?

A. Count from the beginning to the beginning of the next contraction

B. Measure from the peak of one contraction to the peak of the next

C. Count from the beginning of one contraction to the end of the same contraction

D. Observe the change in fetal heart rate during contractions

To assess the duration of contractions for a patient in labor, the most accurate method is to measure from the beginning of one contraction to the end of that same contraction. This approach provides a clear indication of how long the muscle contractions are lasting, which is critical for monitoring the progress of labor and ensuring the well-being of both the mother and the baby. By counting from the start to the finish of the contraction, the healthcare provider can gather vital information regarding the effectiveness of the contractions. The duration is an important parameter because it can influence labor progress, patient comfort, and decisions regarding interventions if necessary. In the context of labor, contractions work to help the cervix dilate and facilitate the descent of the fetus, and understanding their duration can help guide clinical decisions. The other methods, while they may provide some relevant information, do not accurately define the duration of a contraction. For example, timing from the beginning of one contraction to the beginning of another does not reveal the length of the contraction itself. Similarly, measuring from peak to peak does not provide insights into how long the contraction is sustained, which is essential for understanding labor dynamics. Observing changes in fetal heart rate is also informative, as it can indicate fetal response during contractions, but it doesn't

4. Which action by a postpartum patient indicates that the instruction on the use of a sitz bath was effective?

A. The patient uses the sitz bath three times a day

B. The patient prefers to use hot compresses

C. The patient takes a warm shower instead

D. The patient avoids any baths completely

Using a sitz bath three times a day demonstrates that the patient has understood and is following the instructions provided regarding its use for postpartum care. A sitz bath is recommended to help soothe perineal discomfort, promote healing, and enhance overall comfort in the weeks following childbirth. The frequency of use is significant; utilizing the sitz bath multiple times daily indicates the patient is actively engaging in self-care and managing her recovery appropriately. In contrast, the other options reflect deviations from the recommended care plan. For example, using hot compresses might not provide the same therapeutic benefits as a sitz bath, which is specifically designed to submerge the perineal area in warm water and not just apply heat without specifically targeting the area. Taking a warm shower does not provide the concentrated and localized comfort that a sitz bath offers. Avoiding baths altogether would also suggest a lack of adherence to the patient's care plan, potentially leading to discomfort and longer healing times. Thus, the action of using the sitz bath three times daily clearly indicates effective understanding and application of the postpartum self-care guidance.

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5. What is the purpose of pelvic floor exercises during pregnancy?

A. To strengthen pelvic muscles and prepare for labor and recovery

B. To promote weight loss

C. To increase cardiovascular endurance

D. To enhance flexibility and balance

Pelvic floor exercises, often referred to as Kegel exercises, serve an essential purpose during pregnancy by strengthening the pelvic muscles. The pelvic floor supports the uterus, bladder, and intestines, and its strength is critical for women during labor and recovery postpartum. Strengthening these muscles can help pregnant individuals better manage the physical strains placed on their bodies due to hormonal changes, weight gain, and the growing uterus. By engaging in pelvic floor exercises, a pregnant person can improve muscle tone, increase circulation, and enhance the body's ability to support labor. This training can also lead to improved control over urinary and bowel functions, which may be challenged during and after pregnancy. Ultimately, these exercises prepare the body for the labor process and can facilitate a smoother recovery by promoting healing and reducing the risks of pelvic organ prolapse. The other options, while beneficial in different contexts, do not capture the specific focus of pelvic floor exercises during pregnancy. Promoting weight loss may be a result of general physical activity but is not the primary intent of pelvic floor exercises. Cardiovascular endurance and flexibility and balance are vital aspects of overall fitness but are not the main goals achieved through targeted pelvic floor training.

6. Which instruction should a nurse include in the discharge plan for a client treated for preterm labor?

A. Engage in regular physical activity

B. Avoid sexual intercourse

C. Monitor fetal movements

D. Increase fluid intake

Avoiding sexual intercourse is a crucial instruction for clients who have been treated for preterm labor. This recommendation is grounded in the understanding that sexual activity can stimulate uterine contractions, which may provoke or worsen preterm labor. In the context of managing a pregnancy that has faced complications like preterm labor, it's essential for clients to minimize any activities that may place additional stress on the uterus. In addition to this recommendation, the other options could be important in different contexts but are not as directly related to managing the specific risks associated with preterm labor. Regular physical activity, for instance, is generally encouraged during a healthy pregnancy but may need to be limited in circumstances involving preterm labor. Monitoring fetal movements is also a valuable practice, but in this situation, it does not specifically address risk mitigation related to preterm contractions. Rising fluid intake can be beneficial in terms of overall hydration and sometimes in avoiding uterine irritability, but it is not a priority compared to the directive to avoid sexual activity.

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7. What information should the nurse include for a client with herpes simplex virus type II during pregnancy?

A. It can be treated with oral antivirals during labor

B. It will not affect the delivery method

C. A Cesarean section will be necessary when labor begins

D. It is safe to have vaginal delivery

For a client with herpes simplex virus type II during pregnancy, informing about the necessity of a Cesarean section when labor begins is crucial. This is primarily because the risk of neonatal herpes, a serious infection that can result from exposure during vaginal delivery, is significant if active lesions or symptoms are present at the time of delivery. When the virus is active, especially during a primary outbreak or recurrent outbreaks close to the delivery date, the recommendation for a Cesarean section serves to protect the newborn from potential transmission. The decision for a Cesarean section is based on these infection risks rather than the mother's choice or other factors. In contrast, while antiviral medications may be prescribed to manage symptoms or reduce outbreak frequency, they do not eliminate the risk of transmission during vaginal delivery. Therefore, planning for a Cesarean delivery when there are active lesions is the best practice to safeguard the health of the infant.

8. When should the alpha-fetoprotein test typically be performed during pregnancy?

A. 7 to 10 weeks of gestation

B. 15 to 20 weeks of gestation

C. 25 to 30 weeks of gestation

D. 35 to 40 weeks of gestation

The alpha-fetoprotein (AFP) test is typically performed between 15 to 20 weeks of gestation because this is the period when the levels of AFP in the maternal blood can provide the most accurate and useful screening information. AFP is a protein produced by the fetal liver, and its concentration in the mother's bloodstream can help assess the risk of certain congenital disorders, such as neural tube defects and Down syndrome. During this gestational window, the AFP levels are at an optimal range that allows for effective screening, making it a crucial time for healthcare providers to gather relevant information about the developing fetus using this test. Testing outside this timeframe, such as in the early weeks or later in the pregnancy, may yield less reliable results or may not be clinically indicated for evaluating the risks of these conditions. Thus, conducting the AFP test during the recommended time frame maximizes its effectiveness in prenatal care.

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9. During the postpartum admission assessment, what is an appropriate action for the nurse if the patient's perineum appears edematous and ecchymotic?

A. Request a consultation with a surgeon.

B. Apply petrolatum to the patient's perineum.

C. Instruct the patient to rest more.

D. Advise the patient to take a sitz bath.

Applying petrolatum to the patient's perineum is a supportive intervention to alleviate discomfort associated with edema and ecchymosis in the area. Petrolatum helps to create a barrier that can promote healing and reduce friction against clothing and bedding, providing comfort to the patient. It can also help keep the area moist, which is beneficial for healing in the postpartum period. In the case of edema and ecchymosis, it's essential to offer care that prioritizes the patient's comfort while the body heals from childbirth. Providing soothing topical agents like petrolatum is aligned with typical postpartum care protocols, where the focus is on managing discomfort and promoting recovery. While other interventions, such as recommending sitz baths or rest, may also play a role in overall comfort and recovery, applying petrolatum directly addresses the specific issue of perineal discomfort caused by swelling and bruising.

10. In a class for women in their second trimester, which statement indicates a need for further instruction about alleviating back pain?

A. I will lean slightly backwards when I walk.

B. I will practice good posture when sitting.

C. I will use a firm mattress to sleep.

D. I will avoid high heels.

The statement indicating a need for further instruction about alleviating back pain is one that suggests a body position or behavior that may exacerbate discomfort rather than relieve it. Leaning slightly backward while walking can lead to an improper alignment of the spine and pelvis, which may contribute to increased strain on the back muscles and worsening pain. In contrast, the other statements reflect practices that promote good posture and body mechanics. Practicing good posture when sitting helps maintain proper spinal alignment, reducing strain. Using a firm mattress is beneficial as it provides better support for the back during sleep, and avoiding high heels helps maintain a more stable, supportive foot position, preventing additional stress on the lower back. Therefore, the focus should be on engaging in activities that support proper alignment and relieve pressure on the spine throughout the day.

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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://nacecareofchildbearingfamily.examzify.com

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

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