RELIAS NURSING CARE OF PATIENT WITH OBSTETRIC (OB) & POSTPARTUM HEMORRHAGE (PPH) ASSESSMENT PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://reliasnursingcareobpphassmt.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. In the context of PPH, what does the term "thrombin" refer to?

A. A type of anesthesia used during delivery

B. A natural enzyme related to blood clotting

C. An antibiotic administered post-delivery

D. A medication to reduce uterine contractions

2. Which clinical signs may indicate a developing hematoma?

A. Localized pain, swelling, and a firm mass

B. Generalized swelling and vomiting

C. Fever, chills, and loss of appetite

D. Rapid breathing and confusion

3. If the fundus is boggy after delivery, what action should be taken?

A. Schedule an immediate surgery

B. Perform fundal massage and monitor closely

C. Reassure the patient and observe

D. Administer pain medication only

4. What is uterine atony?

A. A physiological response to pain during labor

B. The failure of the uterus to contract effectively after delivery

C. A surgical procedure to remove the placenta

D. A condition where the uterus contracts excessively

5. What is a common indication for using medications in PPH management?

A. To treat infections post-delivery

B. To promote uterine contraction and reduce bleeding

C. To manage patient anxiety

D. To improve mother-infant bonding

6. How frequently should vital signs be monitored in a patient with PPH?

A. Every hour until stable

B. Every 15 minutes until stable

C. Only once per shift

D. Every 30 minutes until discharge

SAMPLE

7. What is Ms. Lopez's quantitative blood loss based on her surgery details?

A. 1420 mL

B. 1300 mL

C. 1220 mL

D. 2170 mL

8. Maternal vital signs remain stable until what percentage of total blood volume is lost?

A. 5%

B. 10%

C. 20%

D. 50%

9. Which follow-up care instructions are essential for patients with a history of PPH?

A. Resting at home without follow-up appointments

B. Monitoring for recurrent bleeding and attending follow-up appointments

C. Only taking over-the-counter medications

D. Performing self-diagnosis of their condition

10. When should blood products be considered during Stage 2 hemorrhage management?

A. Only after IV resuscitation is completed.

B. When the patient remains stable on fluids.

C. If the patient's blood volume is critically low.

D. When IV fluids alone are not sufficient.

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. In the context of PPH, what does the term "thrombin" refer to?

A. A type of anesthesia used during delivery

B. A natural enzyme related to blood clotting

C. An antibiotic administered post-delivery

D. A medication to reduce uterine contractions

The term "thrombin" refers to a natural enzyme that plays a crucial role in the blood clotting process. During childbirth, particularly in cases of postpartum hemorrhage (PPH), the body's ability to coagulate blood is vital in preventing excessive bleeding. Thrombin is integral to the conversion of fibrinogen to fibrin, which helps in the formation of blood clots. In the context of PPH, it is important to understand the role of thrombin and other factors in managing bleeding, as any disruption in the clotting cascade can lead to increased risk of hemorrhage. Proper management of PPH often includes monitoring and addressing coagulation factors, making a clear understanding of thrombin and its function essential for healthcare providers involved in obstetric care.

2. Which clinical signs may indicate a developing hematoma?

A. Localized pain, swelling, and a firm mass

B. Generalized swelling and vomiting

C. Fever, chills, and loss of appetite

D. Rapid breathing and confusion

Localized pain, swelling, and a firm mass are indicative of a developing hematoma. When a hematoma forms, it occurs as blood collects in a localized area, often due to trauma or vascular disruption. The characteristics of localized pain and swelling result from inflammation and increased pressure in the area as blood accumulates. The presence of a firm mass can be palpated as the clot of blood coagulates, creating a distinct area that is different from the surrounding tissue. In contrast, the other options describe symptoms that may relate to different clinical conditions. Generalized swelling and vomiting could be associated with other systemic or gastrointestinal issues rather than a specific localized injury. Fever, chills, and loss of appetite suggest an infectious process or a systemic illness, while rapid breathing and confusion may indicate respiratory distress or altered mental status from various causes, none of which specifically point toward the formation of a hematoma.

3. If the fundus is boggy after delivery, what action should be taken?

A. Schedule an immediate surgery

B. Perform fundal massage and monitor closely

C. Reassure the patient and observe

D. Administer pain medication only

When the fundus is described as boggy after delivery, it indicates that the uterus is not contracting effectively, which can lead to postpartum hemorrhage. In this scenario, performing fundal massage is a critical intervention. This technique helps to stimulate the uterus to contract and return to its firm state, thereby reducing the risk of excessive bleeding. Monitoring closely following this intervention is essential to ensure that the uterus becomes firm and that no further complications arise. Reassuring the patient and observing without taking action does not address the risk of hemorrhage, and scheduling surgery or administering only pain medication would not solve the underlying issue of uterine atony. Fundal massage is a direct response to a clinical situation that needs immediate attention, making it the most appropriate course of action.

SAMPLE

4. What is uterine atony?

A. A physiological response to pain during labor

B. The failure of the uterus to contract effectively after delivery

C. A surgical procedure to remove the placenta

D. A condition where the uterus contracts excessively

Uterine atony refers specifically to the failure of the uterus to contract effectively after delivery. After childbirth, the uterus should contract to help reduce blood loss by compressing the blood vessels that supply the uterine lining. When uterine atony occurs, the lack of adequate contractions can lead to postpartum hemorrhage, a serious condition that can pose significant risk to the mother's health. The proper functioning of the uterus postpartum is critical in the overall recovery process, including the prevention of complications such as excessive bleeding. Therefore, recognizing and addressing uterine atony promptly is vital in maternal care to ensure a safe and healthy recovery for the patient. Understanding this condition is essential for healthcare providers working in obstetric settings, as timely interventions can significantly impact patient outcomes.

5. What is a common indication for using medications in PPH management?

A. To treat infections post-delivery

B. To promote uterine contraction and reduce bleeding

C. To manage patient anxiety

D. To improve mother-infant bonding

In the management of postpartum hemorrhage (PPH), a primary indication for using medications is to promote uterine contraction and reduce bleeding. After delivery, it is crucial to ensure that the uterus effectively contracts to minimize blood loss. Medications such as oxytocin are often administered for this purpose, as they help stimulate uterine contractions. When the uterus contracts adequately, it compresses the blood vessels at the placental site, thereby reducing the risk of excessive bleeding. This intervention is vital for the safety of the mother, as uncontrolled PPH can lead to severe complications, including shock or even death. While treating infections, managing anxiety, and improving mother-infant bonding are important considerations in postpartum care, they are not directly related to the immediate management of PPH. The focus in PPH is centered on addressing the underlying cause of the hemorrhage and facilitating the physiological processes that help control bleeding.

6. How frequently should vital signs be monitored in a patient with PPH?

A. Every hour until stable

B. Every 15 minutes until stable

C. Only once per shift

D. Every 30 minutes until discharge

Monitoring vital signs every 15 minutes until the patient with postpartum hemorrhage (PPH) is stable is crucial for several reasons. PPH can lead to rapid hemodynamic changes due to significant blood loss, which can result in complications such as hypovolemic shock. Frequent monitoring allows healthcare providers to detect early signs of deterioration, such as changes in blood pressure, heart rate, and respiratory status. By checking vital signs every 15 minutes, clinicians can assess the patient's response to interventions, such as fluid resuscitation or medication administration. This proactive approach facilitates timely adjustments to the care plan and ensures that any potential complications are addressed promptly. In contrast, less frequent monitoring would increase the risk of missing important changes in the patient's condition, delaying appropriate interventions and potentially compromising patient safety.

SAMPLE

7. What is Ms. Lopez's quantitative blood loss based on her surgery details?

A. 1420 mL

B. 1300 mL

C. 1220 mL

D. 2170 mL

To determine Ms. Lopez's quantitative blood loss based on her surgery details, it is essential to carefully assess the surgical notes or any available data that indicates the amount of blood lost during the procedure. Quantifying blood loss accurately is vital for managing potential complications such as postpartum hemorrhage. The correct answer reflects a calculated estimate of blood loss that could be derived from measurements taken during the surgical intervention, including saturated surgical sponges, suction canister contents, or any documented vital signs that may indicate abnormal blood loss. In Ms. Lopez's case, a figure of 1220 mL aligns with the estimated blood loss that healthcare providers may observe based on clinical guidelines concerning normal ranges for blood loss during surgeries related to obstetrics. This figure is critical as it enables the healthcare team to take appropriate actions for fluid resuscitation and to monitor for signs of shock or further complications in the postpartum period. Thus, the accuracy of quantitative blood loss estimation is paramount for patient safety and effective management.

8. Maternal vital signs remain stable until what percentage of total blood volume is lost?

A. 5%

B. 10%

C. 20%

D. 50%

Maternal vital signs typically remain stable until approximately 20% of total blood volume is lost. This is crucial to understand in the context of postpartum hemorrhage, where the mother's body may compensate for significant blood loss through various physiological mechanisms, such as increased heart rate and vasoconstriction. When a woman loses around 20% of her blood volume, which is roughly 1000 mL for an average healthy adult, the body still maintains vital sign stability as these compensatory responses can mask the severity of the hemorrhage. It is only beyond this threshold that vital signs, such as blood pressure and heart rate, begin to show significant changes that indicate a need for immediate medical intervention. Understanding this threshold is vital for healthcare providers in assessing and managing patients who may be experiencing postpartum hemorrhage, as it highlights the importance of early detection and proactive treatment before critical deterioration occurs.

SAMPLE

9. Which follow-up care instructions are essential for patients with a history of PPH?

A. Resting at home without follow-up appointments

B. Monitoring for recurrent bleeding and attending follow-up appointments

C. Only taking over-the-counter medications

D. Performing self-diagnosis of their condition

Monitoring for recurrent bleeding and attending follow-up appointments is essential for patients with a history of postpartum hemorrhage (PPH) because this condition poses significant risks, including the potential for additional episodes of bleeding and complications that could impact the mother's health. By keeping a watchful eye on any signs of recurrent bleeding, patients can catch issues early and seek timely medical intervention, which can vastly improve outcomes. Furthermore, follow-up appointments allow healthcare providers to evaluate the patient's recovery and offer guidance, ensuring that necessary interventions or treatments are provided if complications arise. Regular check-ins with a healthcare provider are critical, as they help to maintain the patient's health and support their transition into postpartum recovery. This proactive approach is necessary for both physical and emotional well-being after a traumatic experience such as PPH.

10. When should blood products be considered during Stage 2 hemorrhage management?

A. Only after IV resuscitation is completed.

B. When the patient remains stable on fluids.

C. If the patient's blood volume is critically low.

D. When IV fluids alone are not sufficient.

In the management of Stage 2 hemorrhage, blood products should be considered specifically when it is determined that intravenous (IV) fluids alone are not achieving the desired response in stabilizing the patient. This implies that despite administering fluids, if the patient's blood pressure remains low, heart rate is elevated, or there are other signs of inadequate perfusion, it suggests that blood loss is significant and the patient's blood volume may not be sufficient to maintain effective circulation. Administering IV fluids can help to some extent in managing blood volume, but in cases of severe hemorrhage, where there is a need for red blood cells, clotting factors, and volume expansion that IV fluids cannot adequately provide, transitioning to blood products becomes essential. This approach ensures that not only is there a replenishment of volume, but also a restoration of the blood's ability to transport oxygen and maintain hemostatic function.

SAMPLE

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://reliasnursingcareobpphassmt.examzify.com

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

SAMPLE