



**A. Written Quiz**

**I. The nurse demonstrates ability to assess, plan, intervene, and evaluate (with client & family) their goals and plan of care**

1-3. List 3 physical and/or psychosocial risks associated with adolescent pregnancy (page 3, I.B.1.)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

4-6. List 3 benefits of prenatal care for the mother and/or baby (page 3, I.B.2.)

- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_

7-12. List at least 1 warning sign for each of the following pregnancy complications (page 3, I. B.3.)

- 7. preterm labor \_\_\_\_\_
- 8. placenta previa \_\_\_\_\_
- 9. placenta abruptio \_\_\_\_\_
- 10. premature rupture of membranes \_\_\_\_\_
- 11. fetal demise \_\_\_\_\_
- 12. preeclampsia \_\_\_\_\_

13 -18. Identify the purpose and one implication for change in the client's plan of care related to the following laboratory tests: (page 4, I.C.1.)

- 13-14. HIV \_\_\_\_\_  
\_\_\_\_\_
- 15-16. glucose tolerance test (GTT) \_\_\_\_\_  
\_\_\_\_\_

17-18. triple marker screen \_\_\_\_\_

\_\_\_\_\_

19 - 24. Describe the purpose of and how to prepare the client for the following procedures:  
(page 4, I.C.2.)

19-20. ultrasound \_\_\_\_\_

\_\_\_\_\_

21-22. amniocentesis \_\_\_\_\_

\_\_\_\_\_

23-24. nonstress test (NST) \_\_\_\_\_

\_\_\_\_\_

**II. The nurse demonstrates knowledge of and ability to assess client's nutritional status, provide nutritional education and refer for nutritional counseling as indicated.**

25-26. List the recommended dietary requirements during pregnancy by: (page 7, II.A.1.)

25. servings for each food group of the food guide pyramid \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

26. list 3 specific nutrients, their food sources and their function in supporting a health pregnancy

\_\_\_\_\_

\_\_\_\_\_

27. Assess weight gain, using a standard weight gain grid for a 15 year old G1P0 who is 16 weeks pregnant, pre-pregnant weight of 113 pounds and weighs 118 at 16 weeks (page 7, II.A.2.)

\_\_\_\_\_

**III. The nurse demonstrates knowledge of an ability to provide prenatal & parenting education to client and family**

28 - 33. List 1 self-care measure for the following common discomforts associated with pregnancy: (page 9, III.B.1.)

28. backache \_\_\_\_\_

29. frequent urination \_\_\_\_\_

30. heart burn \_\_\_\_\_

31. leg cramps \_\_\_\_\_

32. nausea & vomiting \_\_\_\_\_

33. varicose veins \_\_\_\_\_

34 - 36. Describe the impact of 3 of the following ~~smoking, drugs, alcohol and environmental hazards~~ on fetal growth and development: cigarette smoking, marihuana, cocaine, heroin, alcohol (page 9, III.A.3.)

34. \_\_\_\_\_

35. \_\_\_\_\_

36. \_\_\_\_\_

37-38. List at least 1 preventive measure related to: (page 9-10, III.A.3.)

37. car safety for pregnant women and infants \_\_\_\_\_

38. sleep safety (positioning, bedding and crib) \_\_\_\_\_

\_\_\_\_\_

## **B. Skills demonstration through case review. case study and discussion with nurse**

Place a check by each skill demonstrated correctly

### **I. The nurse demonstrates ability to assess, plan, intervene, and evaluate (with client & family) their goals and plan of care**

\_\_\_ 39-64. Prenatal assessment includes the following and evaluation of the nurse's ability to compare data with norms and report abnormal findings to physician or certified nurse midwife: (page 1-2, I.A.1.)

#### 39-51. Physical

- \_\_\_ general health (vital signs, sleep/activity)
- \_\_\_ medical & mental health history
- \_\_\_ current medical & mental health condition(s)
- \_\_\_ flat or inverted nipples
- \_\_\_ previous c-section
- \_\_\_ weight gain or loss
- \_\_\_ nausea & vomiting
- \_\_\_ dental health
- \_\_\_ s/s of preterm labor
- \_\_\_ s/s of UTI
- \_\_\_ pain
- \_\_\_ edema
- \_\_\_ fetal movement

#### 52-59. Psychosocial

- \_\_\_ cultural and ethnic traditions
- \_\_\_ use of prenatal care
- \_\_\_ nutrition
- \_\_\_ knowledge of pregnancy
- \_\_\_ support systems
- \_\_\_ parenting preparation
- \_\_\_ substance use/abuse (tobacco, alcohol, other)
- \_\_\_ stressors

#### 60-64. Environmental

- \_\_\_ housing
- \_\_\_ smoke detectors
- \_\_\_ exposure to 2nd hand smoke
- \_\_\_ cats in home/litter box
- \_\_\_ home, neighborhood & work related hazards

\_\_\_ 65-67. Describe how the health risks (abnormal findings) influenced the client's plan of care: (page 2, I.A.2.)

- \_\_\_ physical,
- \_\_\_ psychosocial, and
- \_\_\_ environmental findings

- \_\_\_ 68-70. Describe a factor related to the following that influenced the plan of care: (page 2, I.A.3.)
  - \_\_\_ family dynamics
  - \_\_\_ family support systems (availability & quality)
  - \_\_\_ community resources
- \_\_\_ 71. Elicits client and partner's reaction to and expectation of pregnancy (page 5, I.D.2.)
- \_\_\_ 72. Assists the client in devising a plan of action in the event of pre-term labor or other complications (page 5, I.D.1. & I.D.3.)
- \_\_\_ 73. Provides support and resources to the client who experiences fetal loss (miscarriage or stillbirth) (page 6, I.E.1.)

**II. The nurse demonstrates knowledge of and ability to assess client's nutritional status, provide nutritional education and refer for nutritional counseling as indicated**

- \_\_\_ 74. Elicits client and family attitudes about weight gain, eating habits, food preparation, and shopping and involves client and family in developing a nutritional plan (page 7, II.B.2.)
- \_\_\_ 75. Makes dietary recommendations based on weight gain grid, 24 hour real dietary intake, and other assessment information (page 7, II.B.3.)

**III. The nurse demonstrates knowledge of and ability to provide prenatal & parenting education to client and family**

- \_\_\_ 76. Helps client/family identify expectations of labor and childbirth and ways of coping with unexpected developments (page 10, III.B.1.)
- \_\_\_ 77-80. Assists client in anticipating and planning the impact of baby on parents, and family including: (page 10, III.B.2.)
  - \_\_\_ 77. development of attachment
  - \_\_\_ 78. emotional adjustment
  - \_\_\_ 79. expectations of newborn
  - \_\_\_ 80. sibling adjustment