

answer for each of the following questions:-

<Q1> The highly sensitive period of human growth which is badly affected by teratogens is the:

- Pre-embryonic period (Zygote)
- Embryonic period
- Fetal period
- Neonate period

<Q2> Zinc deficiency during pregnancy is associated with:

- Low birth weight
- Splenomegaly
- Malformation of CNS
- Megalo-plastic anaemia

<Q3> Recommended extra caloric intake during second trimester is:

- 430 kcal
- 450 kcal
- 340 kcal
- 452 kcal

<Q4> A pregnant woman should increase her protein intake by:

- 60g/day
- 40g/day
- 50g/day
- 71g/day

<Q5> The nurse counsels Sara regarding warning signs in pregnancy. Which one of the following is not a warning sign in the first trimester:

- Severe vomiting
- Absence of fetal movement
- Burning on urination
- Vaginal bleeding

<Q6> The nurse gives instructions on the proper way to take an iron supplement.

Which one of the following is the correct advice?

- Take iron supplement with orange juice after meals
- Take iron supplement before breakfast with milk every other day
- Take iron on empty stomach with a source of vitamin C
- Take iron supplement dissolved in milk before each meal

<Q7> The bluish color of cervix during pregnancy is called:

- Hegar's sign
- Chadwick's sign
- McDonald's sign
- Vascular spiler

<Q8> All the following are correct about basic principles of Family Centered care Except:

- Family centered care greatly decreased the responsibilities of nurses
- Families are capable of making decisions about care
- Childbirth affects the entire family
- Childbirth is usually a healthy event in the life of the family

<Q9> One of the purposes of Wharton's jelly in the umbilical cord is to:

- Prevent obstruction of vessels caused by pressure
- Store nutrients for the fetus
- Transport blood to fetus
- Keeping the blood in the cord at fetal body temperature

<Q10> One of the following characterizes the monozygotic twins:

- The infants may not be the same sex X
- Occur at random X
- Called fraternal twins X
- Associated with hereditary X

<Q11> Which of the following changes occurs during pregnancy in the cardiovascular system?

- The pulse is decreased between 10-15 b/min
- Water retention decreases as pregnancy progress
- Systolic murmurs that are irreversible
- Cardiac hypertrophy

<Q12> Which of the following is an expected change in the urinary system as normal adaptation to pregnancy:

- Urinary frequency
- Generalized edema
- U.T.I (urinary tract infections)
- Protein urea (+2)

<Q13> In the second trimester the pregnant woman is considered anemic if her blood test values shows which one of the followings:

- Hemoglobin less than 11 g/dl
- Hemoglobin less than 10.5 g/dl
- Hemoglobin less than 10 g/dl
- Hemoglobin less than 12 g/dl

Dr. Reem

<Q14> Which of the following is not a normal physiological changes in Gastrointestinal system during pregnancy:

- Pyrosis
- Hyperemesis gravidarum
- Constipation
- Ptyalism

<Q15> Formation of sperm begins during fetal life. Psp

- True
- False

<Q16> The endometrium is reaching its maximum thickness during the Proliferative Phase.

- True
- False

<Q17> When assessing a pregnant woman, you noticed brown spots on her face. You should document:

- Chloasma
- Linea nigra
- Keratosis
- Stria gravidarum

<Q18> Which of the following positions is the most appropriate for the pregnant women during pregnancy:

- High fowler position.
- lateral position.
- Supine position.

<Q19> Which of the following is a presumptive sign of pregnancy?

- Amenorrhea
- Abdominal enlargement
- Uterine souffle
- Ballotement

<Q20> Dania is experiencing "morning sickness" the nurse counsels her to do all of the following except:

- A void an empty stomach
- Eat small frequent meals ✓
- Drink fluid early before getting out of bed in the morning ✗
- Avoid cooking odors ✓

2/20

11. Fill in blank: Complete the following statements with the correct answer (s).

- <Q21> Fetal period extends from nine to birth
week
- <Q22> Endometrium after implantation is called decida
- <Q23> Removal of a glycoprotein coat and seminal proteins from acrosome (tip of sperm head) refer to capacitation
- <Q24> The phase in which the ovum maturation occurs is the Follicular
- <Q25> Fertilization of ovum usually occurs in the Ampulla
- <Q26> Deficiency of vitamin B12 can lead megaloblastic anemia
- <Q27> What is the factor that might increase risk of urinary tract infection (UTI) during pregnancy: (please mention one)
Glucosuria / Urin stenosis
- <Q28> Before twentieth century, the primary causes of maternal death were the following: (please mention one) Post partum bleeding
- <Q29> What is the rationale behind the phenomenon known as physiologic anemia of pregnancy? the increase plasma & volume excess
increase in RBC that lead to diluted blood
- <Q30> When assessing a pregnant woman, you noticed pink stretching lines over her abdomen. You should document this as stria gravid