Continuing Nursing Education Test

1. Historically the women’s preventive health framework in the United States has been:
   a. Efficient
   b. Effective
   c. Thorough
   d. Fragmented

2. Nurses should incorporate evidenced-based practice into the care they provide to women. What is the primary rationale for this strategy?
   a. The intervention being implemented is identified to be beneficial for other women.
   b. The expected outcome has been demonstrated through a randomized controlled trial.
   c. The expected outcome of the intervention will be achieved as predicted.
   d. The intervention being advised meets the needs of most women.

3. A woman of childbearing age attends a well-woman clinic for a yearly physical. Which statement by the woman reflects an increased risk for a compromised pregnancy outcome in her future?
   a. “I dislike the taste of milk.”
   b. “I take one multivitamin most mornings.”
   c. “I don’t eat meat because I am a vegetarian.”
   d. “I have two glasses of wine with dinner three nights a week.”

4. A nurse is counseling a couple who is interested in starting a family. The woman has type 1 diabetes. Preconception care for this couple is essential so that they can:
   a. Prepare to become pregnant as soon as possible
   b. Make educated choices
   c. Plan to adopt a child
   d. Use birth control

5. A nurse identifies that a woman’s body mass index (BMI) is 32. What is the best intervention by the nurse?
   a. Encourage the woman to enroll in a weight-loss program.
   b. Have her return in 1 month to be weighed a second time.
   c. Suggest that more physical exercise is required to stay healthy.
   d. Perform a focused assessment for other signs of anorexia nervosa.
6. A nurse is counseling a woman who is considering pregnancy about consuming foods rich in folate to help prevent a neural tube defect. The nurse identifies that the woman understands the teaching when she says, “I should eat:”
   a. Applesauce
   b. Peaches
   c. Melon
   d. Pears

7. When planning a teaching program that highlights contraceptive use, a nurse should attempt to reach the greatest number of women who are at risk for an unplanned pregnancy. These women generally are:
   a. Attending college
   b. Married less than 3 years
   c. Between the ages of 18 and 24
   d. Middle class

8. A 28-year-old woman who gave birth 3 months ago to a healthy boy says to a nurse, “I want to have another baby right away so that my son will have a playmate growing up.” What is the nurse’s best response to this statement?
   a. “Take a multivitamin containing folic acid daily because it can help prevent neural tube defects in your next infant.”
   b. “It is advisable to wait 18 months before getting pregnant because it decreases the risk of poor pregnancy outcomes.”
   c. “I am going to refer you to a nutritionist because your diet is very important when having two pregnancies close together.”
   d. “Make sure that all your immunizations are up to date before getting pregnant because they prevent you from getting certain infections.”

9. The U.S. Preventive Services Task Force designed a framework that reflects the strength of evidence behind specific recommendations. A specific recommendation was assigned a grade of II-2. What conclusion can a nurse make regarding this assigned grade?
   a. Proof has been demonstrated by one properly conducted randomized controlled trial conducted before pregnancy.
   b. Data have demonstrated efficacy based on multiple uncontrolled experiences with dramatic results.
   c. Evidence comes from at least one well-designed cohort or case-controlled study.
   d. Opinions have been gathered from respected authorities based on clinical experience.
10. A nurse is counseling a woman who is contemplating becoming pregnant. The woman
smokes a pack of cigarettes a day. What should the nurse say to the woman?
   a. “You need to give up smoking as soon as you find out that you are pregnant.”
   b. “If you have to smoke, at least reduce the number of cigarettes you smoke a day.”
   c. “If you give up smoking, you can use nicotine replacement therapy safely during
      pregnancy.”
   d. “Stopping tobacco use will have lifelong benefits for you whether you decide to get
      pregnant or not.”

11. To help prevent neural tube defects, a nurse should teach women of childbearing age to
    supplement their folate-rich diet with how many micrograms of folic acid daily?
    a. 200 mcg
    b. 400 mcg
    c. 4,000 mcg
    d. 8,000 mcg

12. A woman who is not pregnant tells a nurse that she drinks four to five alcoholic cocktails on
    Saturday nights when partying with friends. The nurse provides health education about
    drinking and the development of fetal alcohol syndrome in infants. What information does
    the nurse include in the teaching?
    a. “It is unsafe to drink any amount of alcohol if you may become pregnant.”
    b. “You will have to cut down your drinking to one glass a week if you become pregnant.”
    c. “You can substitute beer for alcoholic cocktails during the early weeks of pregnancy.”
    d. “If you plan to get pregnant, stop drinking alcohol. You can resume some drinking after
       the first 3 months of pregnancy.”

13. When planning programs to increase awareness about the need for preconception health
    promotion, it is most important that a nurse understands that:
    a. Early prenatal care is the best way to promote healthy childbearing.
    b. Education about healthy childbearing should begin at the first prenatal visit.
    c. Lifestyle changes made after 8 weeks gestation have little impact on the fetus.
    d. Many women do not know that they are pregnant during the critical time of fetal
       development.

14. A woman of childbearing age develops a chronic health condition that is treated with
    medication. What should most influence whether or not the medication should be prescribed?
    a. The Food and Drug Administration risk classification of the drug
    b. The woman’s desire for a future pregnancy
    c. The benefit to the woman versus the risk to a potential fetus
    d. The results of animal studies about the level of teratogenicity of the drug
15. A nurse is planning a preconception health program for women of childbearing age. The nurse should include the fact that the leading cause of infant mortality in the United States is:
   a. Respiratory distress syndrome
   b. Maternal complications
   c. Birth defects
   d. Prematurity

16. A nurse is caring for a woman with type 1 diabetes. What is the best way for the nurse to assess this woman’s metabolic control?
   a. A hemoglobin A1C level
   b. A fasting blood glucose test
   c. A review of the patient’s insulin administration record
   d. A list of the patient’s self-blood glucose monitoring results

17. When is the best time to provide individualized health-related services to prevent health problems in a neonate?
   a. At health care visits during the woman’s first trimester
   b. When a woman is contemplating getting pregnant
   c. As soon as the woman knows she is pregnant
   d. During a woman’s routine health care visits

18. All nurses should adopt the tenets of the *Every Woman, Every Time* framework. This approach is important because it refers to:
   a. Women making informed decisions before becoming pregnant
   b. Ideal opportunities to integrate preconception teaching into primary care
   c. Appropriate teaching concerning contraceptive use to ensure its effectiveness
   d. The necessity of a thorough systematic assessment during the first prenatal visit

19. During a woman’s visit to her primary health care provider, a nurse obtains the woman’s blood pressure to assess for the presence of hypertension. Which factor increases the risk of experiencing hypertension?
   a. Being a woman of color
   b. Being an adolescent
   c. Being middle class
   d. Being underweight for height

20. What objective of preconception counseling is common for all women with a chronic health condition?
   a. Lose weight
   b. Optimize disease control
   c. Improve nutritional status
   d. Postpone pregnancy until older