1. A nurse is working with couples who experienced sudden unexpected death in infancy. What should the nurse consider as a universal factor in relation to this experience?
   a. It is a life-altering event.
   b. Public rituals are essential to coping.
   c. Death of a newborn is a private matter.
   d. Subsequent infants will lessen the feeling of loss.

2. An infant dies of sudden infant death syndrome and is brought to the emergency department by the parents. What should be the nurse’s initial action when providing care in this situation?
   a. Obtain consent for an autopsy
   b. Notify the appropriate authorities
   c. Accept the parents’ expressions of grief
   d. Refer the parents to a self-help group for counseling

3. A woman experiences the loss of a fetus at 16 weeks gestation. How should the nurse expect this event to be recorded by the health care provider?
   a. Stillbirth
   b. Preterm birth
   c. Spontaneous abortion
   d. Sudden unexpected death in infancy

4. Neonatal death refers to deaths that occur:
   a. Just before birth of the fetus
   b. Within the first 27 days of life
   c. Anytime during the first year of life
   d. During the first 3 months of pregnancy

5. When a grandchild dies, grandparents are sometimes forgotten mourners because they:
   a. Believe they should have died first
   b. Are older and recognize that life goes on
   c. Were not present when the grandchild died
   d. Tend to be strong to provide support for the parents

6. Feelings of connectedness are maintained with a dead infant when the mother:
   a. Decides to have another baby
   b. Is able to suppress feelings of grief
   c. Routinely cares for the infant’s grave site
   d. Consistently hugs and kisses her other children.

7. A woman who had a stillbirth in the 8th month of pregnancy is concerned about how her teenage son will react. Considering his developmental level, the nurse responds that he may:
   a. Engage in high risk behaviors
   b. Isolate himself from his friends
   c. Be angry at the health care providers
   d. Respond by expressing physical complaints

8. The nurse in the prenatal clinic is interviewing a woman who is there for a first trimester ultrasound. The nurse identifies that the woman has attributed personhood to the fetus when she states:
   a. “We are so excited about this pregnancy.”
   b. “I am looking forward to having this ultrasound.”
   c. “We are going to name the baby John if it is a boy.”
   d. “I am finally beginning to believe that I am really pregnant.”

9. A couple loses an infant to a sudden unexpected death. When creating a memory box for the family, the nurse obtains a lock of hair, makes hand- and footprints and takes photographs of the infant. Which woman will most likely appreciate knowing that photographs are available?
   a. Amish
   b. Muslim
   c. Native American
   d. European descent

10. An infant of a Catholic couple dies in the emergency department because of a birth defect. What should the nurse do first?
    a. Perform the ritual of baptism
    b. Refrain from asking for consent for an autopsy
    c. Ask the parents if they want the infant baptized
    d. Inquire about preferences for funeral arrangements

11. What should nurses do first before caring for families who have experienced the loss of an infant?
    a. Identify the families’ rituals related to death
    b. Examine the family’s feelings and beliefs about infant death
    c. Encourage families to express their concerns and wishes
    d. Learn about the spiritual customs of the communities they serve

12. A nurse in the birthing unit is caring for a woman who gave birth to a stillborn. The nurse is providing a caring response with a focus on “enabling,” according to Swanson’s theory of caring, when stating:
    a. “This must be a very sad time for you.”
    b. “I will be caring for you for the next 3 hours.”
    c. “I feel badly for you because I lost a baby and know how you feel.”
    d. “You have the will and strength to get through this difficult time.”

13. A couple’s infant dies shortly after birth. What parental behavior indicates to the nurse that they are instrumental grievers?
    a. Seeking support from relatives
    b. Writing a journal about their feelings
    c. Joining a bereavement support group
    d. Planning an event to raise money for the hospital
14. A nurse who personally experienced multiple miscarriages and the birth of a stillborn has been having increasing difficulty caring for bereaved families. What intervention is most appropriate for this nurse?
   a. Attending a workshop about loss and grief
   b. Seeking assistance from a professional therapist
   c. Reviewing current literature about grieving and loss of an infant
   d. Discussing with other nurses the various strategies for helping bereaved families

15. What word best describes the nurse’s role when caring for parents who are grieving the loss of a baby?
   a. Present
   b. Relieving
   c. Alleviating
   d. Sympathetic

16. A pregnant woman who lost a baby in a previous pregnancy because of a genetic disorder is informed that the present baby does not have the disorder. The woman says, “I can’t help it, but I am still worried that something may go wrong.” What is the best nursing response?
   a. “I can understand why you are still worried.”
   b. “You’re right. Something can always go wrong.”
   c. “I think you should look forward rather than backward.”
   d. “Try to be positive because your test result was excellent.”

17. A nurse is assessing two women. One had an elective abortion, and the other had a spontaneous abortion. What is the defining difference between these two events?
   a. Gestational age
   b. Element of choice
   c. Age of the mother
   d. Gender of the fetus

18. The nurse identifies that a grieving parent may feel devalued when the parent says:
   a. “My baby’s death is so painful; I can’t stand it much longer.”
   b. “I had so many plans for our baby and look what happened.”
   c. “I keep asking the doctors why our baby had to be the one to die.”
   d. “It’s hard because my family keeps telling me I have to move on.”

19. A nurse is caring for parents who have been told that their baby has a congenital defect that will not permit life beyond several hours or days. While providing supportive counseling, the nurse suggests a written birth plan and a plan for after the birth. At this time it is most important for the nurse to:
   a. Listen attentively to find out what the couple wants and then customize their care
   b. Restrict information to positive developments to reduce their anxiety
   c. Make numerous suggestions to provide them with multiple alternatives
   d. Control the situation to minimize the number of decisions the parents have to make

20. An infant dies in the hospital because of a birth defect. The nurse arranges an opportunity for the parents to have contact with their dead infant to:
   a. Shorten grieving
   b. Create memories
   c. Promote cultural preferences
   d. Provide psychological counseling

21. A couple who experienced two fetal deaths because of a genetic defect plan to attempt another pregnancy. They received genetic and preconception counseling. Which test can identify a genetic defect at the earliest possible point of a pregnancy?
   a. Ultrasound
   b. Amniocentesis
   c. Maternal blood screening
   d. Chorionic villus sampling

22. A woman whose infant died at 3 months of age due to a congenital defect comes to the clinic for a 6-month follow-up examination. The woman is still grieving for the loss of her child. She is intense and anxious, has not returned to work, and has a depressed mood and is verbalizing thoughts of suicide. The health care provider diagnoses major depression. What type of grief response is the woman exhibiting?
   a. Delayed grief
   b. Exaggerated grief
   c. Complicated grief
   d. Disenfranchised grief

23. Rubin’s tasks of pregnancy are necessary for successful transition to motherhood. Which woman’s statement reflects achievement of the last task?
   a. “I tried for so long and now I am finally pregnant.”
   b. “It’s wonderful to be able to hold and breastfeed my baby.”
   c. “It was a thrill to see my baby’s heartbeat on the sonogram.”
   d. “I am being careful to eat all the right foods while pregnant.”

24. A couple experiences the sudden death of an infant. A factor unique to this situation is that the death is often:
   a. Grieved
   b. Mourned
   c. Anticipated
   d. Investigated

25. Stroebe and Schut identify grieving as an oscillation between loss orientation and restoration orientation. What statement by the father of a stillborn baby indicates involvement in the process of restoration orientation?
   a. “I can’t believe our baby died.”
   b. “I try to be supportive, but my wife just continues to cry.”
   c. “My wife and I spend a lot of time talking about what happened.”
   d. “We’re going for genetic counseling before we get pregnant again.”
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