

# Women's Health Management

*Science may have found a cure for most evils, but it has found no remedy for the worst of them all—the apathy of human beings.*

—Helen Keller

## QUESTIONS

1. Which client should the postpartum nurse assess first after receiving the a.m. shift report?
  1. The client who is complaining of perineal pain when urinating.
  2. The client who saturated multiple peri-pads during the night.
  3. The client who is refusing to have the newborn in the room.
  4. The client who is crying because the baby will not nurse.
2. Which newborn infant would warrant immediate intervention by the nursery nurse?
  1. The 1-hour-old newborn who has abundant lanugo.
  2. The 6-hour-old newborn whose respirations are 52.
  3. The 12-hour-old newborn who is turning red and crying.
  4. The 24-hour-old newborn who has not passed meconium.
3. The client in labor is showing late decelerations on the fetal monitor. Which intervention should the nurse implement first?
  1. Notify the healthcare provider (HCP) immediately.
  2. Instruct the client to take slow, deep breaths.
  3. Place the client in the left lateral position.
  4. Prepare for an immediate delivery of the fetus.
4. The nurse walks into the client's room to check on the mother and her newborn. The client states another nurse just took her baby back to the nursery. Which intervention should the nurse implement first?
  1. Initiate an emergency Code Pink, indicating an infant abduction.
  2. Ask the mother to describe the nurse who took the baby.
  3. Determine whether the infant was returned to the nursery.
  4. Ask the mother whether the nurse asked for the code word.
5. The nurse in the labor and delivery department is caring for a client whose abdomen remains hard and rigid between contractions and the fetal heart rate is 100. Which client problem is priority?
  1. Alteration in comfort.
  2. Ineffective breathing pattern.
  3. Risk for fetal demise.
  4. Fluid and electrolyte imbalance.

6. The nurse working in a women's health clinic is returning telephone calls. Which client should the nurse contact first?
  1. The 16-year-old client who is complaining of severe lower abdominal cramping.
  2. The 27-year-old primigravida client who is complaining of blurred vision.
  3. The 48-year-old perimenopausal client who is expelling dark-red blood clots.
  4. The 68-year-old client who thinks her uterus is falling out of her vagina.
7. The charge nurse has received laboratory results for clients on the postpartum unit. Which client would warrant intervention by the nurse?
  1. The client whose white blood cell count is 18,000 mm<sup>3</sup>.
  2. The client whose serum creatinine level is 0.8 mg/dL.
  3. The client whose platelet count is 410,000 mm<sup>3</sup>.
  4. The client whose serum glucose level is 280 mg/dL.
8. The nurse on the postpartum unit is administering a.m. medications. Which medication should the nurse administer first?
  1. The sliding scale insulin to the client diagnosed with type 1 diabetes.
  2. The stool softener to the client complaining of severe constipation.
  3. The non-narcotic analgesic to the client complaining of headache, rated as a 3 on a pain scale of 1 to 10.
  4. The rectal suppository for the client complaining of hemorrhoidal pain.
9. The labor and delivery nurse is performing a vaginal examination and assesses a prolapsed cord. Which intervention should the nurse implement first?
  1. Place the client in the Trendelenburg position.
  2. Ask the father to leave the delivery room.
  3. Request the client not to push during contractions.
  4. Prepare the client for an emergency C-section.
10. Which newborn infant would the nursery nurse assess first?
  1. The 3-hour-old newborn who weighs 6 pounds and 2 ounces.
  2. The 4-hour-old newborn delivered at 42 weeks' gestation.
  3. The 6-hour-old newborn who is 22 inches long.
  4. The 8-hour-old newborn who was born at 40 weeks' gestation.
11. Which antepartum client should the charge nurse assign to the most experienced nurse?
  1. The 34-week gestation client who is receiving brethine and is on strict bed rest.
  2. The 36-week gestation client in active labor whose fetus has a Biophysical Profile of 10.
  3. The 38-week gestation client who is 10 cm dilated and 100% effaced.
  4. The 42-week gestation client who has been pushing for 4 hours and has yellow amniotic fluid.
12. A nurse has been floated from the medical unit to the postpartum unit. Which client should be assigned to this nurse?
  1. The 4-hour postpartum client whose fundus is not midline.
  2. The 8-hour postpartum client who has saturated 3 peri-pads in 1 hour.
  3. The 14-hour postpartum client who experienced eclampsia during delivery.
  4. The 23-hour postpartum client who is being discharged home this morning.
13. Which priority intervention should the nurse implement for the 38-week gestation client who is receiving epidural anesthesia?
  1. Place the client in the fetal position.
  2. Assess the client's respiratory rate.
  3. Pre-hydrate the client with intravenous fluid.
  4. Ensure the client has been NPO for 4 hours.

14. The 28-year-old female client is being scheduled for an emergency appendectomy. Which priority question should the emergency department nurse ask the client?
  1. "Are you currently breastfeeding?"
  2. "Have you ever had general anesthesia?"
  3. "Do you have any medication allergies?"
  4. "Is there any chance you are pregnant?"
15. Which client should the labor and delivery charge nurse assign to the most experienced nurse?
  1. The client who has a fetal heart rate of 130 bpm.
  2. The client who has non-reassuring fetal heart rate patterns.
  3. The client who is scheduled for a cesarean section.
  4. The client having a vaginal birth who has been pushing for 1 hour.
16. The female unlicensed assistive personnel (UAP) informs the nurse she has helped the 1-day postpartum client change her peri-pad three times in the last 4 hours. Which action should the nurse implement?
  1. Ask the UAP why the nurse was not notified earlier.
  2. Go to the room and check the client immediately.
  3. Instruct the UAP to massage the client's uterus.
  4. Document the finding in the client's chart.
17. The unlicensed assistive personnel (UAP) is assisting the nurse in the newborn nursery. Which action by the UAP would warrant intervention?
  1. The UAP swaddles the infant securely in a blanket.
  2. The UAP uses gloves when changing the infant.
  3. The UAP is bathing the newborn with a bar of soap.
  4. The UAP wipes down the crib with a disinfectant.
18. The charge nurse is making assignments in the labor and delivery department. Which client should be assigned to the most experienced nurse?
  1. The 26-week gestational client who is having Braxton Hicks contractions.
  2. The 32-week gestational client who is having triplets and is on bed rest.
  3. The 38-week gestational client whose contractions are 3 minutes apart.
  4. The 39-week gestational client who has late decelerations on the fetal monitor.
19. Which task should the nurse on the postpartum unit delegate to the unlicensed assistive personnel (UAP)?
  1. Instruct the UAP to prepare a sitz bath for the client.
  2. Ask the UAP to call the laboratory for a stat complete blood cell (CBC) count.
  3. Tell the UAP to show the mother how to breastfeed.
  4. Have the UAP check the client's fundus.
20. A nurse from the medical-surgical unit is assigned to the postpartum unit. Which client should the charge nurse assign to the medical-surgical nurse?
  1. The client who has developed mastitis and is trying to breastfeed.
  2. The client who had a vaginal hysterectomy and oophorectomy.
  3. The client who is having difficulty bonding with her infant.
  4. The unmarried client who is giving her child up for adoption.
21. The unlicensed assistive personnel (UAP) responds to a code in the newborn nursery. Which task should the house supervisor delegate to the UAP?
  1. Tell the UAP to sit with the family in the waiting room.
  2. Give medication to the nurse from the crash cart.
  3. Assist the nurse anesthetist with intubation.
  4. Instruct the UAP to obtain supplies for the code.

22. Which action by the nursery nurse would warrant immediate intervention by the charge nurse?
  1. The nurse allows an experienced volunteer to rock an infant.
  2. The nurse puts a gloved finger into the newborn's mouth.
  3. The nurse performs the Ortoloni maneuver on the newborn.
  4. The nurse requests the LPN to bathe the newborn infant.
23. The RN and unlicensed assistive personnel (UAP) are caring for clients on a postpartum unit. Which task would be most appropriate for the RN to assign to the UAP?
  1. Perform an in-and-out catheterization.
  2. Complete the client's discharge instructions.
  3. Escort the client to the car and check for a car seat.
  4. Spray anesthetic foam on the client's episiotomy.
24. The charge nurse is making assignments on the postpartum unit. Which client should be assigned to the licensed practical nurse (LPN)?
  1. The client who has delivered her sixth baby and has just returned to her room.
  2. The client who had a C-section yesterday and is running a low-grade fever.
  3. The client who had a vaginal delivery this morning and has foul-smelling lochia.
  4. The client who is 1 day post-vaginal delivery who is ambulating in the hall.
25. The nurse and unlicensed assistive personnel (UAP) are caring for babies in the newborn nursery. Which action by the UAP would warrant immediate intervention?
  1. The UAP does not check the mother's identification (ID) band with the infant's ID band.
  2. The UAP brings the mother a full package of newborn diapers.
  3. The UAP applies baby lotion to the newborn while the mother is watching.
  4. The UAP tells the father to support the newborn's head.
26. Which task should the postpartum nurse not delegate to the unlicensed assistive personnel (UAP)?
  1. Tell the UAP to assess the vital signs of the client 4 hours post-vaginal delivery.
  2. Request the UAP to pass out the breakfast trays to the clients.
  3. Instruct the UAP to administer Rhogam to the client who is Rh-negative.
  4. Ask the UAP to remove the client's indwelling urinary catheter.
27. Which behavior by the unlicensed assistive personnel (UAP) warrants immediate intervention by the postpartum nurse?
  1. The UAP helped the client with an episiotomy apply an ice pack to the perineal area.
  2. The UAP pushes the PCA button for the 8-hour post-op C-section client.
  3. The UAP uses non-sterile gloves to remove the client's peri-pad.
  4. The UAP encourages the client to eat all of the food on the breakfast tray.
28. The charge nurse is making assignments on a postpartum unit that has two registered nurses (RNs), two licensed practical nurses (LPNs), and two unlicensed assistive personnel (UAPs). Which task/assignment is most appropriate?
  1. Instruct the UAP to evaluate how the mother and infant are bonding.
  2. Tell the RN to change the sharps container in the medication room.
  3. Ask the LPN to administer ibuprofen to the client experiencing afterbirth pains.
  4. Request the LPN to care for the client who is 6 hours postpartum who had eclampsia.
29. The nurse instructed the unlicensed assistive personnel (UAP) to provide a sitz bath to the postpartum client with hemorrhoids. Which priority intervention should the nurse implement?
  1. Document the sitz bath in the client's nurse's notes.
  2. Follow-up to ensure the UAP gave the sitz bath.
  3. Assess the client's hemorrhoids every 4 hours.
  4. Discuss the importance of not getting constipated.