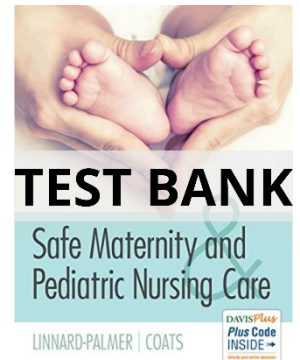


Chapter 1: Healthy People 2020 and Initiatives for Healthy Families

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- _____ 1. Which statement is accurate regarding the *Healthy People 2020* initiative related to families, children, and infants?
- 1) Most of the Healthy People documents apply specifically to infants and children.
 - 2) Healthy People documents address the good health of adults, which benefits children.
 - 3) There are no Healthy People initiatives specifically addressing infants or children.
 - 4) The only initiative impacting families, infants, and children encourages breastfeeding.
- _____ 2. What two federal agencies oversee objectives related to maternal, infant, and child health in the *Healthy People 2020* initiative?
- 1) The Department of Agriculture and the Centers for Disease Control and Prevention
 - 2) The Department of Children and Youth Services and the Health Resources and Services Administration
 - 3) The Centers for Medicare & Medicaid Services and the Health Resources and Services Administration
 - 4) The Centers for Disease Control and Prevention and the Health Resources and Services Administration
- _____ 3. Who created the original Healthy People initiative?
- 1) The Centers for Disease Control and Prevention
 - 2) The Health Resources and Services Administration
 - 3) President Jimmy Carter
 - 4) The surgeon general of the United States
- _____ 4. Which initiative did not demonstrate improvement over the past decades?
- 1) Air quality
 - 2) Childhood exposure to secondhand smoke
 - 3) Suicide and depression in adolescents
 - 4) Increased physical activity for adults
- _____ 5. One initiative of *Healthy People 2020* is to increase the proportion of infants who are breastfed. What is the maternity nurse's primary role in helping to meet this initiative?
- 1) All nurses should become lactation consultants.
 - 2) Increasing the percentage of employers that offer a place to pump breast milk
 - 3) Providing support and teaching immediately after birth
 - 4) Increasing the percentage of live births in hospitals
- _____ 6. How can maternal and pediatric nurses promote Healthy People objectives for their clients?
- 1) Provide all patients with a copy of the current Healthy People objectives
 - 2) Plan care that includes teaching and support for Healthy People objectives
 - 3) Require all new mothers to breastfeed while hospitalized
 - 4) Discourage the father from ever bottle feeding the newborn



- _____ 7. When the *Healthy People 2020* initiatives are reviewed, which initiative related to infants and young children has shown improvement?
- 1) Suicide rates in adolescents
 - 2) Increased life expectancy
 - 3) Babies put to bed on their backs
 - 4) Infant mortality rates

**Chapter 1: Healthy People 2020 and Initiatives for Healthy Families
Answer Section**

MULTIPLE CHOICE

1. ANS: 2
Chapter number and title: 1: *Healthy People 2020* and Initiatives for Healthy Families
Chapter learning objective: Describe how the *Healthy People 2020* initiative relates to families, children, and infants.
Chapter page reference: 4
Heading: Leading Health Indicators
Integrated processes: Caring
Client need: Health Promotion and Maintenance
Cognitive level: Comprehension [Understanding]
Concept: Promoting Health
Difficulty: Easy

	Feedback
1	Very few of the <i>Healthy People 2020</i> initiatives are specific to families, children, or infants.
2	By helping adults stay healthy, <i>Healthy People 2020</i> creates healthier families with healthier children, so this statement is accurate.
3	Some <i>Healthy People 2020</i> initiatives do address children, but they are in the minority.
4	There are initiatives impacting families, infants, and children other than the one mentioned in the chapter on breastfeeding.

PTS: 1 CON: Promoting Health

2. ANS: 4
Chapter number and title: 1: *Healthy People 2020* and Initiatives for Healthy Families
Chapter learning objective: List government agencies that are involved in the Healthy People objectives.
Chapter page reference: 3
Heading: Historical Perspective
Integrated processes: Caring
Client need: Health Promotion and Maintenance
Cognitive level: Comprehension [Understanding]
Concept: Promoting Health
Difficulty: Easy

	Feedback
1	The Department of Agriculture is not involved in overseeing objectives.
2	The Department of Children and Youth Services is not involved in overseeing objectives.
3	The Centers for Medicare & Medicaid Services has no role in overseeing objectives.

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4	The Centers for Disease Control and Prevention and the Health Resources and Services Administration are the agencies that oversee the objectives of Healthy People 2020.
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PTS: 1 CON: Promoting Health

3. ANS: 4

Chapter number and title: 1: *Healthy People 2020* and Initiatives for Healthy Families

Chapter learning objective: Describe how the *Healthy People 2020* initiative relates to families, children, and infants.

Chapter page reference: 4

Heading: Leading Health Indicators

Integrated processes: Caring

Client need: Health Promotion and Maintenance

Cognitive level: Comprehension [Understanding]

Concept: Promoting Health

Difficulty: Easy

Feedback	
1	Although the Centers for Disease Control and Prevention oversees the objectives, it did not create the original Healthy People initiative.
2	Although the Health Resources and Services Administration oversees the objectives, it did not create the original Healthy People initiative.
3	President Jimmy Carter supported the original Healthy People initiative; he did not create it.
4	The surgeon general of the United States created the original Healthy People initiative to promote better health in the country.

PTS: 1 CON: Promoting Health

4. ANS: 3

Chapter number and title: 1: *Healthy People 2020* and Initiatives for Healthy Families

Chapter learning objective: Describe historical perspectives related to the Healthy People initiative.

Chapter page reference: 1

Heading: Historical Perspective

Integrated processes: Caring

Client need: Health Promotion and Maintenance

Cognitive level: Comprehension [Understanding]

Concept: Promoting Health

Difficulty: Easy

Feedback	
1	Air quality has improved, although problems still exist in some areas.
2	Childhood exposure to secondhand smoke has declined as a result of a reduction in the number of adults who smoke.
3	Unfortunately, suicide and depression in adolescents is still a significant problem that has not improved and is actually getting worse.
4	Adults are more active, and physical activity has improved over the past decade.

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PTS: 1 CON: Promoting Health

5. ANS: 3

Chapter number and title: 1: *Healthy People 2020* and Initiatives for Healthy Families

Chapter learning objective: Discuss how the Healthy People objectives apply to maternal and child well-being.

Chapter page reference: 4-6

Heading: Application: *Healthy People 2020* Objective – Increase Proportion of Infants Who Are Breastfed

Integrated processes: Caring

Client need: Health Promotion and Maintenance

Cognitive level: Comprehension [Understanding]

Concept: Promoting Health

Difficulty: Easy

	Feedback
1	There is no need for all nurses to become lactation consultants, and this is not the primary role of nurses.
2	Although nurses can advocate for pumping areas in the workplace, this is not the primary role of nurses in meeting this initiative.
3	Nurses can take an active role in teaching and supporting new mothers in breastfeeding their babies after birth, but it is important to allow the patient autonomy to make her own decision.
4	Nurses cannot increase the percentage of live births in hospitals, but they can contribute to this initiative (although this has nothing to do with meeting the breastfeeding initiative).

PTS: 1 CON: Promoting Health

6. ANS: 2

Chapter number and title: 1: *Healthy People 2020* and Initiatives for Healthy Families

Chapter learning objective: Explain how maternal and pediatric nurses can be instrumental in promoting Healthy People objectives for their clients.

Chapter page reference: 6

Heading: *Healthy People 2020* Leads to Healthy Families

Integrated processes: Caring

Client need: Health Promotion and Maintenance

Cognitive level: Comprehension [Understanding]

Concept: Promoting Health

Difficulty: Easy

	Feedback
1	Providing patients with a copy of the current initiatives is not the most effective means of helping clients meet these initiatives.
2	The nurse, who has a primary role in health promotion, can plan care that keeps the Healthy People objectives in mind and can provide teaching and support to help patients meet the objectives.
3	Breastfeeding is a choice each woman makes, and it cannot be required of all new mothers.

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4	Discouraging the father from ever bottle feeding the newborn is not realistic, reasonable, or helpful.
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PTS: 1 CON: Promoting Health

7. ANS: 3

Chapter number and title: 1: *Healthy People 2020* and Initiatives for Healthy Families
Chapter learning objective: Analyze the progress, or lack of, for each of the Leading Health Indicators that pertain to families.

Chapter page reference: 3

Heading: Introduction

Integrated processes: Caring

Client need: Health Promotion and Maintenance

Cognitive level: Comprehension [Understanding]

Concept: Promoting Health

Difficulty: Easy

	Feedback
1	The suicide rate in adolescents has not shown improvement and is actually worsening.
2	Increased life expectancy is seen in adults, not infants and young children.
3	More babies are sleeping on their backs, with a significant decline in the frequency of sudden infant death syndrome as a result.
4	Unfortunately, infant mortality rates are increasing and have not improved.

PTS: 1 CON: Promoting Health

Chapter 2: Introduction to Maternity Nursing

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- _____ 1. What impact did moving births to hospitals in the early 20th century have on the rate of complications and deaths?
- 1) Dramatic decline
 - 2) Slow decline
 - 3) Slight increase
 - 4) Drastic increase
- _____ 2. What was the motivating factor for advancing nursing roles in the care of women in the early 20th century?
- 1) Lack of access to health care for poor women and those in rural areas
 - 2) Patients' modesty and desire to be cared for by a woman
 - 3) Fear of death if attended by a physician
 - 4) Changes in laws and regulations
- _____ 3. Which statement most accurately describes how maternity nursing has changed over the last 50 years?
- 1) Nurses have assumed many duties once assigned to physicians.

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- 2) Nurses no longer assist physicians in caring for the laboring patient.
- 3) Nurses are reducing infant mortality by taking on greater responsibilities.
- 4) Nurses are responsible for delivering more infants than physicians are.

- _____ 4. A patient is admitted to the labor and delivery unit, and a plan of care based on that patient's needs is developed by which member of the health-care team?
- 1) Licensed practical nurse (LPN)/Licensed vocational nurse (LVN)
 - 2) Registered nurse (RN)
 - 3) Nurse practitioner
 - 4) Certified nurse midwife
- _____ 5. How does a nurse practitioner's role differ from that of a certified nurse midwife with regard to maternity care?
- 1) The nurse practitioner does not usually deliver babies but cares for women before and after delivery.
 - 2) The certified nurse midwife cannot prescribe medications, but a nurse practitioner does have prescribing privileges.
 - 3) The certified nurse midwife is hired by the hospital, whereas a nurse practitioner practices independently and does not have hospital privileges.
 - 4) The certified nurse midwife and the nurse practitioner have very similar roles with little difference between the two.
- _____ 6. When moving to a new state, the nurse learns the scope of practice in the new state by doing what?
- 1) Reading the Nurse Practice Act on the Board of Nursing Web site
 - 2) Asking other nurses with the same credentials what they are allowed to do
 - 3) Following the scope of practice learned in nursing school
 - 4) Reviewing research articles to find evidence of best practices
- _____ 7. Which organization establishes standards of care for maternity nursing?
- 1) American Nurses Association
 - 2) American Academy of Pediatrics
 - 3) Association of Women's Health, Obstetric and Neonatal Nurses
 - 4) National League for Nursing
- _____ 8. The nurse wants to establish an evidence-based practice. Where can evidence be found to support a change in the way a procedure is performed?
- 1) Past experience
 - 2) Facility procedure manual
 - 3) Nursing research
 - 4) Nursing organizations
- _____ 9. The provider explains the need for an amniocentesis, but the patient declines the procedure. The nurse supports the patient's right to make this decision, demonstrating an understanding of which ethical principle?
- 1) Autonomy
 - 2) Beneficence
 - 3) Nonmaleficence
 - 4) Justice

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- ___ 10. The nurse joins a community outreach program to promote vaccination of children, demonstrating which ethical principle?
- 1) Autonomy
 - 2) Beneficence
 - 3) Nonmaleficence
 - 4) Justice
- ___ 11. The nurse working in an acute care facility makes it a point to never look at the declaration page showing the patient's insurance or lack of insurance because of a belief that all patients should be treated equally. This demonstrates which ethical principle?
- 1) Autonomy
 - 2) Beneficence
 - 3) Nonmaleficence
 - 4) Justice
- ___ 12. A patient asks the student nurse whether a medication is safe to take during pregnancy. The student thinks it is an approved medication during pregnancy. Which is the student's best response?
- 1) "I'm pretty sure it is a safe medication."
 - 2) "I'm not qualified to answer that question."
 - 3) "I will ask your obstetric provider."
 - 4) "I really don't know."
- ___ 13. Which statement made by a nursing student to a patient indicates the need for the nursing instructor to clarify the student's role in providing maternity care?
- 1) "I've had three children, and I know from experience how helpful Lamaze breathing is to pain control."
 - 2) "You're not allowed to have anything to eat this close to delivery, but let me get you some ice chips."
 - 3) "You're doing really great. You're almost fully dilated, so it won't be much longer now. Hang in there."
 - 4) "You said you wanted to deliver without taking pain medications. Are you sure you want to change your mind now?"

Multiple Response

Identify one or more choices that best complete the statement or answer the question.

- ___ 14. The nurse working in the neonatal intensive care unit (NICU) sits with the family as the provider explains that the neonate has no hope of survival and recommends discontinuation of life support. Which ethical dilemma(s) should the nurse identify in this situation? *(Select all that apply.)*
- 1) Quality of life versus quantity of life
 - 2) The cost of providing futile care
 - 3) Euthanasia versus God's will
 - 4) Lack of support for decision making
 - 5) Knowledge deficit

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- _____ 15. The nurse working in an obstetric clinic admits a woman who is 5 months pregnant and admits to a heroin addiction. Which interventions will be effective in meeting the nurse's ethical obligation to the unborn fetus? (*Select all that apply.*)
- 1) Reporting the patient's heroin use to the police
 - 2) Teaching the patient about the impacts to babies born to heroin addicts
 - 3) Providing referrals to community resources for drug treatment
 - 4) Discussing the option of abortion because the mother will be unable to care for the child
 - 5) Determining whether the patient has family support during her pregnancy

Chapter 2: Introduction to Maternity Nursing
Answer Section

MULTIPLE CHOICE

1. ANS: 2
Chapter number and title: 2: Introduction to Maternity Nursing
Chapter learning objective: Discuss the history of maternity nursing.
Chapter page reference: 15
Heading: History of Maternity Nursing
Integrated processes: Caring
Client need: Safety and Infection Control
Cognitive level: Comprehension [Understanding]
Concept: Pregnancy
Difficulty: Easy

	Feedback
1	Moving the delivery of babies to the hospital did not result in a dramatic decline in birth-related complications and deaths.
2	After birthing was moved to hospitals, there was a slow decline in birth-related complications and deaths.
3	Complications and death rates did not increase after birthing was moved to hospitals.
4	There was no drastic increase in complications and death rates when more births occurred in hospitals.

PTS: 1 CON: Pregnancy

2. ANS: 1
Chapter number and title: 2: Introduction to Maternity Nursing
Chapter learning objective: Discuss the history of maternity nursing.
Chapter page reference: 15
Heading: History of Maternity Nursing
Integrated processes: Caring
Client need: Safety and Infection Control
Cognitive level: Comprehension [Understanding]
Concept: Pregnancy
Difficulty: Easy

	Feedback
1	There were few physicians in rural areas or physicians available to treat the poor, which motivated the advancement of nursing roles in caring for women.
2	Patient modesty did not play a role in advancing nursing roles in caring for women.
3	Women feared hospitals would cause death in the 19th century, but this fear was not significant in the 20th century.