

Chapter 1 A Framework for Maternal and Child Health Nursing

1. For which reasons would a nurse review infant mortality statistics in the United States? (Select all that apply.)
- A) Measures the quality of pregnancy care
 - B) Reviews information on overall nutrition
 - C) Compares health with those of other states
 - D) Determines infant health and available care
 - E) Provides an index of the country's general health

Ans: A, B, D, E

Feedback:

Infant mortality statistics provide an index of a country's general health, measures the quality of pregnancy care, provides information on overall nutrition, and determines infant health and available care. Infant mortality statistics compares the health with those of other countries and not with those of other states.

2. The nurse is providing care in an organization that supports the maternal and child care continuum. Which type of patient care area is an example of this approach?
- A) Primary care
 - B) Team nursing
 - C) Case management
 - D) Family-centered care

Ans: D

Feedback:

Keeping the family at the center of care is important because the level of a family's functioning is important to the health status of its members. A healthy family establishes an environment conducive to growth and health-promoting behaviors to sustain family members during crises. A family-centered approach enables nurses to better understand individuals and their effect on others and, in turn, to provide more holistic care. Primary nursing, team nursing, and case management do not necessary take into consideration the maternal and child care continuum.

3. Which actions should the nurse perform when supporting the goals of maternal and child health care? (Select all that apply.)
- A) Advocates protecting the rights of the mother and fetus
 - B) Teaches family members interventions to improve health
 - C) Adheres to principles that focus on the needs of the mother
 - D) Encourages maternal hospitalization to regain strength and stamina
 - E) Assesses family members for strengths and specific needs or challenges

Ans: A, B, E

Feedback:

Actions that the nurse should perform when supporting the goals of maternal and child health care include advocating the rights for the mother and fetus, teaching health promotion interventions, and assessing the family for strengths and specific needs or challenges. Adhering to principles that focus on the needs of the mother and encouraging maternal hospitalization to regain strength and stamina are not actions that support the goals of maternal and child health care.

4. The nurse is reviewing the 2020 National Health Goals and notes that which is a focus of these goals?
- A) Health promotion and disease prevention
 - B) Early diagnosis of chronic health problems
 - C) Effective use of medication to treat disease
 - D) Reduce the cost of health care and medications

Ans: A

Feedback:

The 2020 National Health Goals are intended to help citizens more easily understand the importance of health promotion and disease prevention and to encourage wide participation in improving health in the next decade. These goals do not focus on the early diagnosis of chronic problems, use of medications to treat disease, or reduce the cost of health care and medications.

5. The nurse has noticed a change in the type of care needed to support maternal and child health issues. What does the nurse realize as reasons for the changes in care? (Select all that apply.)
- A) Smaller families
 - B) Less domestic violence
 - C) More employed mothers
 - D) Stable home environments
 - E) More single-parent families

Ans: A, C, E

Feedback:

Nursing care for maternal and child is changing because families are smaller, more mothers are employed out of the home, and there are more single-parent families. There is an increase in domestic violence, and families are less stable and more mobile, which influences homelessness.

6. During an assessment, the nurse asks a patient from a non-English-speaking culture which types of home remedies and herbs the patient uses for health care. What is the purpose of asking the patient this question?
- A) Analyze for herb–drug interactions
 - B) Understand the patient's philosophy of alternative health care
 - C) Determine the types of medications the patient will need to be prescribed
 - D) Explain to the physician the patient's preference for nontraditional medicine approaches

Ans: A

Feedback:

Assessing what alternative measures are being used is important because the action of an herb can interfere with prescribed medications. Assessing the use of herbal remedies is not done to understand the patient's philosophy of alternative health care, determine the types of medications the patient will need to be prescribed, or explain the patient's preferences for nontraditional medicine approaches to the physician.

7. The nurse notes that statistics on maternal mortality had improved but are again becoming elevated. What does the nurse realize as a reason for this change in maternal mortality rates?
- A) Earlier prenatal care
 - B) Gestational hypertension
 - C) Increased vaginal deliveries
 - D) Treatment for chronic diseases

Ans: B

Feedback:

This increasing rate in maternal mortality is associated with more cesarean births, more gestational hypertension related to preexisting hypertensive disorders, and lack of health insurance for many Americans. This increase is not because of earlier prenatal care, increased vaginal deliveries, or treatment for chronic diseases.

8. A new mother asks the nurse if all of the new baby's injections can be given in one visit because the mother is losing income from missing work because of the office visits. What does this new mother's issue indicate to the nurse?
- A) The mother needs to find an alternative employer.
 - B) The mother's income is more important than the baby's health.
 - C) Missing work does not support the baby's health maintenance visits.
 - D) The federal government needs to do more to support well-baby visits.

Ans: C

Feedback:

An area that needs additional research is finding effective stimuli to encourage women to bring children for health maintenance visits. The mother losing income because of missing work for well-baby visits will deter health maintenance visits for the baby going forward. This mother's issue does not indicate that the mother needs to find another job, that the mother's income is more important than the baby's health, or that the federal government needs to do more to support well-baby visits.

9. The nurse works in a maternal and child care area that supports health promotion. Which activities will the nurse perform to support this philosophy of health care? (Select all that apply.)

- A) Planning care
- B) Patient teaching
- C) Family counseling
- D) New mother advocacy
- E) Identifying nursing diagnoses

Ans: B, C, D

Feedback:

Extensive changes in the scope of maternal and child health nursing have occurred as health promotion has become a greater priority in care. The nursing activities for health promotion include teaching, counseling, and advocacy. Planning care and identifying nursing diagnoses are a part of the nursing process and not specific to health promotion.

10. During a care conference, a nurse provides everyone with a copy of the latest research on improving the success of breastfeeding for first-time mothers. Which Quality & Safety Education for Nurses competency does this nurse's action support?

- A) Quality improvement
- B) Patient-centered care
- C) Evidence-based practice
- D) Teamwork and collaboration

Ans: C

Feedback:

Providing research material supports the Quality & Safety Education for Nurses competency of evidence-based practice because the nurse is integrating the best current evidence with clinical expertise and patient/family preferences and values for delivery of optimal health care. Providing research evidence does not support the Quality & Safety Education for Nurses competencies of quality improvement, patient-centered care, or teamwork and collaboration.

11. The nurse is caring for a mother who has just given birth to twins of 28 weeks gestation, each weighing 2 kg. What is the health risk for the mother and the twins?

- A) Child mortality
- B) Neonatal death
- C) Infant mortality
- D) Maternal mortality

Ans: B

Feedback:

Neonatal death reflects the quality of care available to women during pregnancy and childbirth and the quality of care available to infants during the first month of life. The leading causes of death during this time are prematurity with associated low birth weight. Child mortality is the number of people who die during childhood years. Infant mortality is the number of infants who die before the age of 1 year. Maternal mortality is the number of women who die from activities related to childbirth.

12. The nurse is planning an educational session for community members to address the issue of school-age child mortality. Which topic should the nurse identify as the highest priority for this population?

- A) Cancer
- B) Assault
- C) Suicide
- D) Accidents

Ans: D

Feedback:

For the school-age child between the ages of 5 and 14 years, the number one cause of mortality is from unintentional injuries or accidents. Other top five causes for child mortality include cancer, assault, and suicide.

13. While providing care to a child, the nurse informs the parents about the treatment plans and helps the parents make decisions about the child's care needs. What do this nurse's actions support?

- A) Autonomy
- B) Empowerment
- C) Accountability
- D) Informed consent

Ans: B

Feedback:

Nurses promote empowerment of parents and children by respecting their views and concerns, regarding parents as important participants in their own or their child's health, keeping them informed, and helping and supporting them to make decisions about care. The nurse's actions are not being done to support autonomy, accountability, or informed consent.

14. The nurse has been hired to provide care to patients on a maternal and child unit. What will the nurse use to as a guide to legally provide care to this patient population?
- A) Code of ethics
 - B) Nursing research
 - C) Standards of practice
 - D) Evidence-based guidelines

Ans: C

Feedback:

Understanding standards of care can help nurses practice within appropriate legal parameters. The Code of Ethics will help with ethical situations. Nursing research and evidence-based guidelines will help with providing care that is based upon best practices.

15. The nurse is providing care to a new mother and infant according to the Quality & Safety Education for Nurses competency approach. Which action should the nurse perform to demonstrate the skill for the competency of safety?
- A) Assess the mother for preferences based on personal values.
 - B) Ensure the mother and newborn have intact identification bands.
 - C) Introduce all members of the care team to the mother and family.
 - D) Document patient care using computerized spreadsheets and forms.

Ans: B

Feedback:

Action to demonstrate the skill of the competency of safety is to ensure that the mother and newborn have intact identification bands. Assessing the mother for preferences based on personal values is the skill associated with patient-centered care. Introducing all members of the care team to the mother and family is the skill associated with teamwork and collaboration. Documenting patient care using computerized spreadsheets and forms is the skill associated with quality improvement.