

## MOD5-MW340- Postpartum Provision of Care

1. Which of the follow are signs of placental separation during a normal third stage?
  - a. Slight rise in fundal height and lengthening of the cord at the vaginal introitus
  - b. Slight dip in fundal height and shortening of the cord at the vaginal introitus
  - c. A small gush of blood (30-60 ml) and shortening of the cord at the vaginal introitus
  - d. A large gush of blood (100-250ml) and lengthening of the cord at the vaginal introitus
  
2. Which of the following is an accurate statement about nutrition postpartum?
  - a. The calorie requirement of a breastfeeding mother is higher than that of a pregnancy woman
  - b. The calorie requirement for a breastfeeding mother and a pregnant woman are approximately the same
  - c. The calorie requirement for a breastfeeding mother is less than that of a pregnant woman
  - d. There is insufficient information about the calorie requirements necessary during breastfeeding to make a recommendation
  
3. Which of the following statements best supports the reasoning behind providing new parents with anticipatory guidance during the postpartum period?
  - a. The midwife knows more about parenting then the parents ever will so it is her responsibility to share some of this information with them
  - b. Anticipatory guidance provides a way for the midwife to insure that the parents will continue to follow her advice after the birth of the baby
  - c. Anticipatory guidance aims to help new parents prepare for the next steps in caring for and adjusting to life with a baby
  - d. Anticipatory guidance serves the purpose of informing parents of the state parenting laws and insures that they will follow these protocols
  
4. Which of the following statements is TRUE about after pains following birth?
  - a. This type of pain is a physiological occurrence and can be managed by a midwife with routine non-pharmacological and over-the-counter analgesics.
  - b. Thus type of pain is a pathological occurrence and should be managed with OB consult and possible transfer of care
  - c. This type of pain is a physiological occurrence and should be managed with OB consult and possible transfer of care
  - d. This type of pain is a pathological occurrence and can be managed by a midwife with routine non-pharmacological and over-the-counter analgesics
  
5. Which of the following is NOT a result of normal physiological changes during the postpartum period?
  - a. Excessive perspiration and frequent urination
  - b. Absent menses and dry vaginal mucosa
  - c. After pains and general soreness
  - d. Rise in fundal height and uterine tenderness

6. Which of the following is NOT TRUE about emotional changes that normally occur postpartum?
- Most women feel some degree of sadness after giving birth but it should not interfere with their ability to take care of themselves and their baby
  - Most women feel some degree of exhaustion and tiredness in the weeks following the birth of their baby
  - Most women feel some degree of sadness and grief that interferes with their ability to take care of themselves or their baby.
  - Most women feel some degree of joy and happiness about the birth of their baby.
7. Which of the following best describes the way that the issue of pelvic floor tone should be addressed postpartum?
- Only women who have had several pregnancies should be encouraged to do exercises that tone the pelvic floor muscles
  - Only women who are obese should be encouraged to do exercises that tone the pelvic floor muscles
  - All women should be encouraged to do exercises to tone the pelvic floor muscles after birth to prevent future problems
  - All women should be encouraged to get their body back to how it was pre-pregnancy. Any permanent physiological changes after birth are abnormal.
8. Which of the following is the BEST way to encourage perineal healing for a woman who has had a minor perineal tear or sutures?
- Frequent exercise that works the gluts and pelvic floor
  - Sitz baths and cold compresses
  - Perineal massage and hot compresses
  - Walking up stairs and herbal antibiotics
9. Which of the following is TRUE about lactation amenorrhea method (LAM)?
- It is equally effective in women who exclusively breastfeed and those who do a mix of breast and formula feeding
  - It is most effective during the first six month postpartum in women who breastfeed exclusively
  - It is most effective for women who wake up at least 6 times a night for feeding during the first year postpartum
  - It is never a reliable means of contraception during any point of the postpartum period.
10. Which of the following is TRUE about postpartum care?
- It is equally as important as prenatal care in risk screening and insuring an optimal outcome for mom and baby
  - It is not as important as prenatal care in risk screening and insuring an optimal outcome for mom and baby
  - It is a luxury that should only be afforded to women and families who can afford to pay a home visitor

- d. It is only necessary for women who birth at home because of the additional risks associated with out-of-hospital birth