

## MOD5-MW340- Postpartum Physical Assessment

1. What time period is it considered normal for the uterus to involute below the Symphysis pubis?
  - a. 3 days postpartum
  - b. 1 week postpartum
  - c. 2 weeks postpartum
  - d. 6 weeks postpartum
2. At which point is mature breast milk produced after birth?
  - a. Immediately after the detachment of the placenta
  - b. Within 24 hours postpartum
  - c. 2-5 days postpartum
  - d. 1-2 weeks postpartum
3. Which of the following is a TRUE statement about postpartum psychosis?
  - a. It is experienced by a large percent of women and is considered normal if it resolves before 6 weeks postpartum
  - b. It is experience by relatively few women and is considered a serious condition requiring intervention for the well-being of mother and baby
  - c. Is experienced by most women to some degree and usually resolved within the first year after birth
  - d. Is extremely rare and provoked by violent birth experiences and a lack of support after the birth
4. What condition should be ruled out FIRST if a woman complains of abdominal tenderness, fever, and foul-smelling lochia?
  - a. Uterine infection
  - b. Perineal infection
  - c. Uterine atony
  - d. Delayed postpartum hemorrhage
5. Which of the following describes a varicosity of the rectal vein that sometimes occurs postpartum?
  - a. Diastasis recti
  - b. Subinvolution
  - c. Hemorrhoids
  - d. Rectal fistula
6. Which of the following groups of symptoms best describes what might be seen in a postpartum woman who has developed mastitis?
  - a. Pain on breast feeding and a thin white coating on the nipple
  - b. Redness in a specific area of the breast, breast pain and fever
  - c. Redness that is resolved with massage and warm compresses
  - d. Breasts are hard, painful and slightly flushed

7. Which of the following is NOT a predisposing factor for postpartum uterine infection?
- Active STI at time of delivery
  - Premature rupture of membranes
  - Excessive blood loss
  - Laceration of the perineum or vagina
8. Which of the following group of symptoms is most consistent with the signs of hypovolemic shock?
- Pallor, tachycardia and falling blood pressure
  - Chest pain, bradycardia, and radiating left arm pain
  - Fever, peripheral vasoconstriction and sweating
  - Decreased urine output, tachypnea, and abdominal tenderness
9. When is the best time to check to see if a laceration has occurred during birth?
- 3-6 hours after the birth of the placenta when the mom and baby are settled in and breastfeeding.
  - Immediately after birth before the delivery of the placenta while the baby is being stimulated to breath.
  - Shortly after the birth of the placenta when uterine bleeding is under control and the mother still has a relatively high endorphin level.
  - Immediately after the birth of the placenta while the mom is distracted by light-headedness and common discomforts of blood loss.
10. A tear that affects the vaginal mucosa and extends in the muscle of the perineum is considered what degree of tear?
- First degree
  - Second degree
  - Third degree
  - Fourth degree