

MOD7-MW380- Well Woman Physical Assessment

1. Which of the following best describes the location of the thyroid?
 - a. The anterior side of the neck, just below the thyroid cartilage or “Adam’s apple”
 - b. The anterior side of the neck, just above the thyroid cartilage or “Adam’s apple”
 - c. The posterior side of the neck, just behind the thyroid cartilage or “Adam’s apple”
 - d. The poster side of the neck, just in front of the thyroid cartilage or “Adam’s apple”
2. Which of the following findings of a breast exam is NOT pathologically significant?
 - a. Skin dimpling
 - b. Asymmetry in breast contour
 - c. Inverted nipple
 - d. Retraction signs
3. Which of the following exam techniques is NOT recommended when performing a routine breast exam?
 - a. The radial method, when the breast is palpated in a circular pattern moving in concentric circles until the entire breast has been covered
 - b. The zigzag method, when the breast is palpated in a cross-wise pattern until the entire breast has been covered
 - c. The wheel-spoke method, when the breast is palpated in sections from the outer margin toward the areola till the entire breast is covered
 - d. The traversing method, when the breast is palpated in a parallel transverse lines till the entire breast is covered
4. At what point during the menstrual cycle is the optimal time to perform a breast exam?
 - a. During ovulation
 - b. During menstruation
 - c. The days following menstruation
 - d. The days preceding ovulation
5. Which of the following structures is NOT routinely examined during an inspection of the external genitalia?
 - a. The labia majora
 - b. The anus
 - c. The labia minora
 - d. The pubic hair
6. Which of the following findings would be considered abnormal during a bimanual pelvic exam?

- a. The cervix is positioned slightly to one side or the other
 - b. Bulging of the anterior vaginal wall toward the introitus**
 - c. A firm, pear shaped mass near the vaginal fornices
 - d. An small, almond shaped mass in the adnexal areas
7. Which of the following types of vaginal discharge would NOT require follow-up to rule out infection or inflammation?
- a. Clear, stretchy discharge**
 - b. White, chunky discharge
 - c. Grey, strong-smelling discharge
 - d. Milky, copious discharge
8. Which of the following statements is TRUE about a rectal exam as part of a pelvic exam?
- a. The rectal exam should only be performed when there is a history of rectal bleeding or other pathological sign
 - b. The rectal exam should always be performed before a bimanual exam to reduce the risk of cross contamination of bacteria
 - c. The rectal exam should only be performed on post-menopausal women at risk for colorectal cancer
 - d. The rectal exam is an important screening tool and should be offered whenever a pelvic exam is performed**
9. Which of the following statements is TRUE about hemorrhoids?
- a. Hemorrhoids can be caused by constipation and straining during bowel movements**
 - b. Hemorrhoids are genetic in origin and therefore very difficult to treat
 - c. Hemorrhoids are varicosities of the colon and dangerous if large
 - d. Hemorrhoids only occur in pregnancy and should be considered abnormal in non-pregnant women
10. Which of the following statements is TRUE about the normal consistency of rectal tissue?
- a. It should have a variety of smooth and nodular areas
 - b. It should be soft, thick and loose
 - c. It should be smooth, firm and elastic**
 - d. It should be rigid and irregular