

MOD7-MW380-Well Woman Provision of Care

1. Which of the following recommendations would be LEAST helpful for a woman experiencing leg cramps?
 - a. calcium/ magnesium supplementation
 - b. A list if foods rich in minerals and electrolytes
 - c. Stretching exercises
 - d. Strict bed rest
2. Lesbians are not at risk for STDs.
 - a. true
 - b. false
3. Counseling on the cycle of violence and the pathology of abuse is usually recommended for:
 - a. Clients with a history of childhood abuse
 - b. Clients who are currently in an abusive relationship
 - c. a and b
 - d. none of the above
4. Infection entering the genital tract may become systemic, which of these are not associated with this issue:
 - a. Yeast
 - b. Pelvic inflammatory Disease
 - c. Syphilis
 - d. Hepatitis B
5. The midwives model of care is best described as:
 - a. Family centered care, which follows up with educational needs
 - b. Women centered care, informed consent, active listening and on the spot education
 - c. Husband and wife centered care, wholistic advice and non-judgmental listening
 - d. Family centered education, maintaining normalcy throughout all our years in relationships.
6. Limiting sun exposure, eating a low fat diet, limiting alcohol consumption and quitting smoking can all help prevent_____.
 - a. diabetes
 - b. meningocele
 - c. cancer
 - d. celiac sprue

7. Which of the following is the BEST reason for a midwife to refer a woman to a physician?
- her religion is a conflict of interest
 - the midwife doesn't like the client and won't be able to give safe care
 - when her care is outside of the midwife's scope of practice
 - to avoid a difficult situation
8. Midwifery centered care is around the maintenance of normalcy.
- true
 - false
9. What is the current recommendation for Pap smear frequency in healthy adult women with no history of an abnormal pap?
- every year
 - every year for 3 years and if all three are WNL, every 2-3 years
 - The recommendation is different for every individual
 - b and c only
10. Women over 30 are at an increased risk for an abnormal pap smear.
- true
 - false
11. Which of these cannot cause vaginitis?
- Candidiasis
 - bacteria vaginosis
 - gardnerella vaginalis
 - lupus
12. A woman has an unwanted pregnancy. The midwife should provide this client with all of the follow EXCEPT which type of counseling?
- provide her with all of her choices for dealing with the pregnancy
 - tell her about your own personal unwanted pregnancy
 - counsel her in a non-judgmental manner
 - contraceptive counseling
13. The referral for mammograms is limited to women with malignant breast conditions.
- true
 - false