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### **Question: 1**

According to adult learning theory, which of the following principles is important for effective childbirth education?

- A. Providing passive learning experiences
- B. Focusing on memorization and rote learning
- C. Tailoring the content to learners' needs and experiences
- D. Emphasizing strict adherence to a fixed curriculum

Answer: C

Explanation: According to adult learning theory, tailoring the content to learners' needs and experiences is important for effective childbirth education. Adults are motivated to learn when they can see the relevance and applicability of the information to their own lives.

### **Question: 2**

What is the primary role of a labor support person during childbirth?

- A. Providing medical interventions
- B. Advocating for the woman's birth preferences
- C. Assisting with pain medication administration
- D. Monitoring fetal heart rate

Answer: B

Explanation: The primary role of a labor support person, such as a doula or partner, is to advocate for the woman's birth preferences. They provide emotional support, comfort measures, and help ensure the woman's wishes are respected during labor and birth.

### Question: 3

Which of the following exercises is beneficial for strengthening the pelvic floor muscles during pregnancy?

- A. Kegel exercises
- B. Aerobic exercises
- C. Weightlifting
- D. Yoga

Answer: A

Explanation: Kegel exercises are beneficial for strengthening the pelvic floor muscles during pregnancy. These exercises involve contracting and relaxing the muscles used to control urination. They can help prevent urinary incontinence and prepare the pelvic floor for childbirth.

### Question: 4

Which relaxation method involves focusing on a specific word or phrase to achieve a state of deep relaxation during labor?

- A. Visualization
- B. Meditation
- C. Hypnosis
- D. Affirmations

Answer: C

Explanation: Hypnosis is a relaxation technique that involves focusing on a specific word or phrase, known as a hypnotic suggestion, to achieve a state of deep relaxation during labor. This method aims to reduce anxiety and promote a sense of calm.

### Question: 5

According to AWHONN's guidelines, what is the recommended duration for the second stage of labor in a nulliparous woman with an epidural?

- A. Up to 2 hours
- B. Up to 4 hours
- C. Up to 6 hours
- D. Up to 8 hours

Answer: B

Explanation: AWHONN (Association of Women's Health, Obstetric and Neonatal Nurses) recommends that the second stage of labor in a nulliparous woman with an epidural should not exceed 4 hours. This guideline helps prevent prolonged pushing and potential complications.

### Question: 6

Which pain management theory suggests that pain during childbirth is primarily due to fear and tension?

- A. Gate control theory
- B. Neuromatrix theory
- C. Lamaze method
- D. Psychoprophylaxis

Answer: D

Explanation: Psychoprophylaxis, also known as the "mind over body" approach, suggests that pain during childbirth is primarily caused by fear and tension. This theory focuses on relaxation techniques and psychological

preparation to reduce pain.

### **Question: 7**

Which teaching strategy is characterized by active participation, group discussions, and hands-on activities?

- A. Lecture-based teaching
- B. Demonstration and practice
- C. Audiovisual presentations
- D. Self-directed learning

Answer: B

Explanation: Demonstration and practice is a teaching strategy characterized by active participation, group discussions, and hands-on activities. This approach encourages learners to engage directly with the content, enhancing their understanding and skill development.

### **Question: 8**

Which pioneer is considered the founder of modern childbirth education?

- A. Grantly Dick-Read
- B. Fernand Lamaze
- C. Elisabeth Bing
- D. Robert Bradley

Answer: B

Explanation: Fernand Lamaze, a French obstetrician, is widely regarded as the founder of modern childbirth education. He developed the Lamaze method, which emphasizes relaxation and breathing techniques during labor.

## Question: 9

Which breathing pattern is commonly used during the first stage of labor to promote relaxation and conserve energy?

- A. Slow-paced breathing
- B. Pant-pant-blow breathing
- C. Cleansing breaths
- D. Patterned breathing

Answer: A

Explanation: Slow-paced breathing is commonly used during the first stage of labor to promote relaxation and conserve energy. This breathing pattern involves taking slow, deep breaths in and out, helping the woman stay calm and focused.





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