

LABOR AND INFANT TEST

Directions: DO NOT WRITE ON THIS TEST!!! Write your answers on your answer sheet. Take your time and try your hardest.

Multiple Choice

- 1) The surgical enlargement of the vagina is called a/an _____.
 - a. cesarean section.
 - b. episiotomy
 - c. quickening
 - d. embryo

- 2) Why does shaking a baby cause brain damage?
 - a. Infants have weak necks
 - b. Infants have heavy heads
 - c. An infant's brain has not grown in to the skull cavity fully
 - d. All of the above

- 3) The process of the uterin muscles pushing to expel the baby is called _____.
 - a. amniocentesis
 - b. marasmus
 - c. labor
 - d. placenta

- 4) Neurons are made of _____ that send messages and dendrites that receive them.
 - a. axons
 - b. cortexes
 - c. myelins
 - d. synapses

- 5) A 'carrier' is someone who _____.
 - a. has a hereditary disease
 - b. can pass on the trait for a hereditary disease
 - c. marries someone with a hereditary disease
 - d. has sickle cell anemia

- 6) What is Sudden Infant Death Syndrome associated with?
 - a. Breastfeeding
 - b. Eating
 - c. Standing
 - d. Sleeping

- 7) One advantage of breast-feeding an infant is _____.
- it is inexpensive
 - it helps build immunities in the infant
 - mothers who breast-feed are less prone to breast cancer later in life
 - all of the above
- 8) A _____ baby is born before development is complete.
- miscarriage
 - premature
 - stillborn
 - postnatal
- 9) The _____ reflex occurs when the baby's position is changed suddenly or when the baby hears a sudden loud noise.
- rooting
 - grasping
 - moro or startle
 - stepping
- 10) When babies can pick up objects by pressing the thumb and forefinger together they have mastered the _____.
- mitten grasp
 - pincer grasp
 - eye-hand coordination
 - none of the above
- 11) Which should be avoided to help reduce the risk of SIDS?
- Smoke exposure
 - Warm temperatures
 - Soft surfaces
 - All of the above
- 12) The birth of a baby born buttocks first is called _____.
- breech birth
 - birth defect
 - director
 - genetic defect
- 13) Which of the following does the mother's drinking alcohol during her pregnancy cause?
- Fetal Alcohol Syndrome
 - Sudden Infant Death Syndrome
 - Shaken Baby Syndrome
 - Both A & B

14) The purpose of contractions in the first stage of labor is to _____.

- a. dilate the cervix
- b. widen the hips
- c. push out the baby
- d. expel the placenta

15) The purpose of the contractions in the second stage of labor is to _____.

- a. dilate the cervix
- b. widen the hips
- c. push out the baby
- d. expel the placenta

16) The purpose of the contractions in the third stage of labor is to _____.

- a. dilate the cervix
- b. widen the hips
- c. push out the baby
- d. expel the placenta

17) For a first birth, the first stage of labor typically lasts _____.

- a. less than 1 hour
- b. 1 to 2 hours
- c. from 2 to 5 hours
- d. from 6 to 18 hours

18) When a baby cannot be delivered normally, the birth may take place through a surgical procedure called a(n)

- a. cesarean
- b. episiotomy
- c. forceps birth
- d. breech birth

Matching

Directions: Read each statement and decide which health risk it is associated with. All will be used once, and some will be used more than once.

- A- Fetal Alcohol Syndrome
- B- Sudden Infant Death Syndrome
- C- Shaken Baby Syndrome

19) This health risk is not preventable.

- 20) Usually happens because the parents get frustrated when their baby doesn't stop crying.
- 21) Causes infants to gain weight at 33% the normal rate.
- 22) Not having soft bedding, blankets, bumpers and stuffed animals in the crib could seriously reduce this health risk.
- 23) Leading cause of death for infants one month to one year of age.
- 24) Caused by males 80% of the time.

True/False

Directions: Read each statement and decide if it is true or false. ***If it is true put "A" on your answer sheet. If it is false put "B" on your answer sheet.***

- 25) A fetus can NOT process alcohol.
- 26) The third stage of labor is the longest of the three stages.
- 27) Heavy alcohol use as a teen may permanently change the DNA in a man's sperm.
- 28) The quality of caregiving affects how a newborn's brain develops.
- 29) Sleeping with the parent is a serious risk associated with Sudden Infant Death Syndrome.
- 30) The more paths the brain develops, the more flexible it becomes.
- 31) Since health care providers have asks parents to put their infants to sleep on their back, the occurrence of Sudden Infant Death Syndrome has gone UP significantly.
- 32) Through repetition a system of connected nerve cells comes to control a particular action.
- 33) When the mother drinks one drink of alcohol, it equals 16 baby bottles full of alcohol for the fetus.

ANSWER KEY

1)B

2)D

3)C

4)D

5)B

6)D

7)D

8)B

9)C

10) B

11) D

12) A

13) D

14) A

15) C

16) D

17) D

18) A

19) B

20) C

21) A

22) B

23) B

24) C

25) A

26) B

27) A

28) A

29) A

30) A

31) B

32) A

33) A