**Handout 22-1** Student’s Name **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Chapter 22: Care During Pregnancy and Childbirth--Quiz**

*Circle the letter of the best answer to each multiple-choice question.*

**1.** During a normal pregnancy, the baby develops inside the mother’s:

**a.** vagina.

**b.** cervix.

**c.** uterus.

**d.** placenta.

**2.** The \_\_\_\_\_\_\_\_ provides nourishment to the fetus, absorbs its waste, and produces hormones during pregnancy.

**a.** vagina

**b.** cervix

**c.** uterus

**d.** placenta

**3.** The fetus floats in a “bag of waters” that contains \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fluid.

**a.** amniotic

**b.** cerebrospinal

**c.** vaginal

**d.** synovial

**4.** A full term pregnancy lasts approximately \_\_\_\_\_\_\_\_\_days.

**a.** 190

**b.** 280

**c.** 370

**d.** 460

**5.** The first stage of labor is characterized by:

**a.** dilation of the cervix.

**b.** expulsion of the infant.

**c.** delivery of the placenta.

**d.** crowning at opening of birth canal.

**6.** The final (third) stage of labor is characterized by:

**a.** dilation of the cervix.

**b.** expulsion of the infant.

**c.** expulsion of the placenta.

**d.** crowning of the baby’s head.

**7.** The term \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ refers to the appearance of the baby’s head at the opening of the birth canal.

**a.** afterbirth

**b.** crowning

**c.** meconium

**d.** prebirth

**8.** The birth of a baby may be imminent if the mother’s contractions are about \_\_\_\_\_\_\_\_\_\_\_\_ minutes apart.

**a.** 2

**b.** 5

**c.** 6

**d.** 9

**9.** Which of the following statements about delivery of the placenta is true?

**a.** Pull on the umbilical cord to assist with delivery.

**b.** It takes from 10 to 30 minutes to deliver.

**c.** Discard it immediately after it delivers.

**d.** It usually delivers before the baby does.

**10.** In a(n) \_\_\_\_\_\_\_\_\_\_\_ birth, the baby’s feet or buttocks deliver first.

**a.** prolapsed

**b.** abruption

**c.** premature

**d.** breech

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**Handout 22-2** Student’s Name **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**The Call: An Emergency Delivery**

*Read the scenario. Then, in the space provided, answer the questions that follow.*

It is about 3:00 a.m. when a neighbor wakes you and tells you that his wife is about to give birth. The ambulance has been called, but he doesn’t think that she can hold off until its arrival. Knowing that you are an Emergency Medical Responder, the wife has asked him to get you. You grab your standard precaution supplies and the OB kit that you carry in your personal vehicle and go to your neighbor’s house.

You find the expectant mother lying supine across the bed. She informs you that her contractions are less than a minute apart, that she feels the urge to have a bowel movement, and that her “water broke.” As she begins to have another contraction, you say that you want to check for crowning, to see if the baby has indeed entered the birth canal. You place clean sheets under the mother and begin to drape her with another sheet, but she asks rather firmly that you “take them off me, please!” You ask the husband to position himself at the head of the bed to encourage his wife; then you explain what needs to done in order to prepare for this imminent delivery. You prepare the materials you brought with you.

The baby’s head appears, and you place your hand gently on its head. As soon as the head delivers, you suction the mouth and the nose. Then you support the rest of the baby’s body as it delivers. Keeping the baby at about the same level as the mother’s vagina, you dry and wrap it in a blanket, and you suction the baby’s mouth and nose. The baby starts to cry vigorously. You assess the breathing and observe that the baby has good color. You make note of the time of birth just as the Paramedics arrive.

**1.** What signs indicated that this birth was imminent?

**2.**  What information should your handoff report to the Paramedics include?

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**Handout 22-3** Student’s Name **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Chapter 22 Review**

*In the space provided, write the word or words that best complete each sentence.*

**1.** The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the organ that contains the developing fetus.

**2.** The neck of the uterus, which leads into the vagina, is called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**3.** The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, a disk-shaped organ on the inner lining of the uterus, provides nourishment to the fetus, absorbs wastes from the fetus, and produces hormones.

**4.** The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is filled with a fluid in which the fetus floats.

**5.** A full term pregnancy lasts approximately \_\_\_\_\_\_\_\_\_\_\_ days.

**6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ consists of contractions of the uterine wall, which force the baby and later the placenta into the outside world.

**7.** During the first stage of labor, the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ becomes fully dilated.

**8.** During the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ stage of labor, the baby moves through the birth canal and is born.

**9.** If contractions are more than \_\_\_\_\_\_\_\_ minutes apart, the mother usually has time to be transported to a hospital.

**10.** If the mother’s contractions are \_\_\_\_\_\_\_\_ minutes apart, prepare to help deliver the baby where you are.

**11.** To avoid supine hypotensive syndrome, the expectant mother should lie on her \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ side.

**12.** Because delivery results in exposure to a great deal of blood and body fluids, you should be sure to take all necessary \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**13.** Use a(n) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to suction mucus from the baby’s mouth and then from the nose.

**14.** If there is no breathing after birth, rub the baby’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ gently or slap the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the baby’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**15.** After the baby is delivered, observe for the delivery of the \_\_\_\_\_\_\_\_\_\_\_\_.

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**Handout 22-4** Student’s Name **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**True or False**

*Indicate if each of the following statements is true or false by writing T or F in the space provided.*

\_\_\_\_\_\_\_\_ **1.** Normal labor is divided into four stages: dilation, contraction, expulsion, and placental.

\_\_\_\_\_\_\_\_ **2.** During the second stage of labor, the placenta separates from the uterine wall and is then expelled from the uterus.

\_\_\_\_\_\_\_\_ **3.** To feel for contractions, you should place your gloved hand on the mother’s cervix.

\_\_\_\_\_\_\_\_ **4.** If you observe crowning, you should prepare to assist in the delivery right where you are.

\_\_\_\_\_\_\_\_ **5.** All equipment and material used during delivery should be sterile, or at least as clean as possible.

\_\_\_\_\_\_\_\_ **6.** There is very little exposure to blood and body fluids during childbirth, so you do not need to take standard precautions.

\_\_\_\_\_\_\_\_ **7.** If there is meconium staining of the amniotic fluid, consider requesting an advanced life support unit to assist on scene.

\_\_\_\_\_\_\_\_ **8.** Use a rubber bulb syringe to suction mucus first from the baby’s nose and then from his mouth.

\_\_\_\_\_\_\_\_ **9.** Insert the tip of the bulb syringe about three inches into the baby’s mouth.

\_\_\_\_\_\_\_\_ **10.** If you perform tactile stimulation but the baby still does not take a breath, start artificial ventilation.

\_\_\_\_\_\_\_\_ **11.** When the placenta delivers, slowly and gently pull it from the vagina.

\_\_\_\_\_\_\_\_ **12.** After the placenta delivers, place it in a plastic bag.

\_\_\_\_\_\_\_\_ **13.** During childbirth, a loss of up to three pints of blood is normal and usually is well tolerated by the mother.

\_\_\_\_\_\_\_\_ **14.** If the mother’s bleeding appears to be excessive after delivery of the placenta, treat her for shock.

\_\_\_\_\_\_\_\_ **15.** Perform artificial ventilation on the newborn if there is persistent central cyanosis (bluish discoloration around the chest and abdomen) after 100 percent oxygen has been administered.

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**Answer Key**

**Handout 22-1: Chapter 22 Quiz**

**1.** c

**2.** d

**3.** a

**4.** b

**5.** a

**6.** c

**7.** b

**8.** a

**9.** b

**10.** d

**Handout 22-2: The Call: An Emergency Delivery**

**1.** Her contractions were less than a minute apart, she felt the urge for a bowel movement, her “water broke,” and the baby was crowning.

**2.** The report might read as follows:

The patient is a 28-year-old woman whose husband called me, knowing that I am an Emergency Medical Responder with the Cherry Point Fire Department, because she was in labor and believed that the baby would deliver prior to the arrival of an ambulance. When I got to the patient, she was conscious and alert with a patent airway and adequate breathing. She reported that her contractions were less than a minute apart and that her water had broken. A physical exam revealed that the baby was crowning, so I prepared for an immediate delivery. The birth occurred at 3:25 a.m. without a problem, and I suctioned the baby’s mouth and nose. The infant—a girl whose name, I am told, is Cheryl—was dried, wrapped in a dry blanket, and positioned for drainage. The baby began to cry without further stimulation. Both patients appear to be stable. There has been no time to check vital signs or to get a SAMPLE history.

**Handout 22-3: Chapter 22 Review**

1. uterus
2. cervix
3. placenta
4. amniotic sac
5. 280
6. Labor
7. cervix
8. second
9. five
10. two
11. left
12. standard precautions
13. rubber bulb syringe (or rubber suction syringe)
14. back, soles, feet
15. placenta

**Handout 22-4: True or False**

1. F
2. F
3. F
4. T
5. T
6. F
7. T
8. F
9. F
10. T
11. F
12. T
13. F
14. T
15. T

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