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Postpartum Support International Perinatal Mental Health Certification Sample Questions (Q67-Q72):

NEW QUESTION # 67

28. What is an appropriate indicator for performing a contraction stress test?

- A. Adolescent pregnancy and poor prenatal care
- B. History of preterm labor and intrauterine growth restriction
- C. Increased fetal movement and small for gestational age
- D. Maternal diabetes mellitus and postmaturity

Answer: D

NEW QUESTION # 68

65. Motherhood can include some emotional vulnerability and periods of distress that are expected and can be tolerated. Which of the following are outside of normal expectations for a new mother?

- A. Repeatedly forgetting where she puts things
- B. Wanting to limit visitors
- C. Persistent feelings of sadness
- D. Fantasies of having her old life back

Answer: C

NEW QUESTION # 69

63. Case Study

Aliya is currently pregnant with her second child at 25 weeks gestation Her first child is 20 months old. She is coming to you to help her decide if what she is experiencing is normal for pregnancy or if she is having symptoms of a perinatal mood disorder. During her interview, she describes poor sleep, increased tearfulness, low energy, and irritability. She states that her first child sleeps well and is not interrupting her sleep, and that she is not waking up due to increased urination or physical discomforts of pregnancy. She reports that she has not ever been as tearful as she is now, including during her previous postpartum period She states that she has been tested by her obstetrician (OB) care provider for anemia and thyroid dysfunction and her lab results were normal. She is noticing that her irritability is affecting her relationship with her partner She worries that she is "pushing him away," even though he is trying to be supportive.

Question: Which of the following common problems during pregnancy would NOT significantly affect Aliya's sleep?

- A. Vivid dreams
- B. Increased thirst during the night
- C. Increased blood pressure
- D. Restless Legs Syndrome (RLS)

Answer: C

NEW QUESTION # 70

92. "Postpartum Blues" is distinguished from postpartum depression by severity, duration, and which of the following?

- A. Support
- B. History
- C. Environment
- D. Timing

Answer: D

NEW QUESTION # 71

30. A nurse is providing instruction for an obstetrical patient to perform a daily fetal movement count (DFMC). Which instructions could be included in the plan of care? Select all that apply. Which one do you like?

- A. The patient can monitor fetal activity once daily for a 60-minute period and note activity.
- B. The fetal alarm signal is reached when there are no fetal movements noted for 5 hours.
- C. Count all fetal movements in a 12-hour period daily until 10 fetal movements are noted.
- D. Monitor fetal activity two times a day either after meals or before bed for a period of 2 hours or until 10 fetal movements are noted.

Answer: A,C,D

NEW QUESTION # 72

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