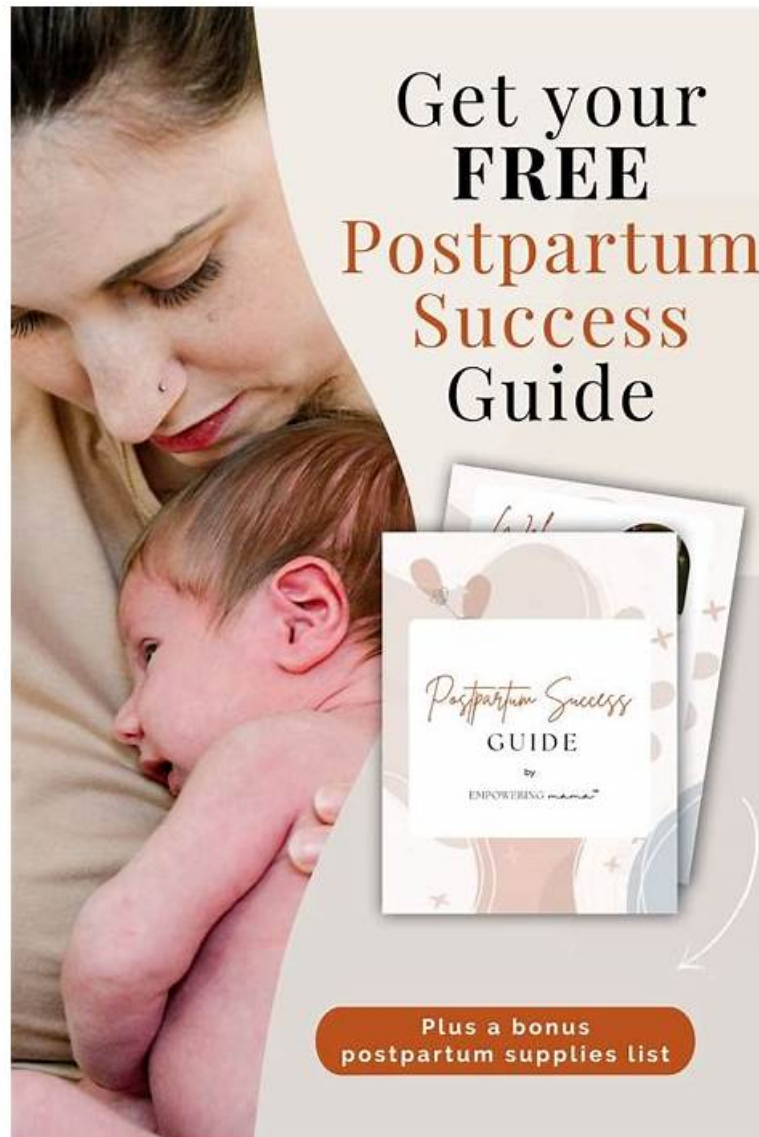


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Postpartum Support International Perinatal Mental Health Certification Sample Questions (Q84-Q89):

NEW QUESTION # 84

10. When helping a woman cope with postpartum blues, the nurse should offer what appropriate suggestions?
(Select all that apply.)

- A. The father should take over care of the baby, because postpartum blues are exclusively a female problem.
- B. Use La Leche League or community mental health centers.
- C. Get plenty of rest.
- D. Plan to get out of the house occasionally.
- E. Asking for help will not foster independence.

Answer: B,C,D

NEW QUESTION # 85

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. 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.
- C. Count all fetal movements in a 12-hour period daily until 10 fetal movements are noted.
- D. The fetal alarm signal is reached when there are no fetal movements noted for 5 hours.

Answer: A,B,C

NEW QUESTION # 86

106. Bonding between a mother and her newborn:

- A. is best if the mother is alone with the baby for the first hour after birth.
- B. is not affected by a traumatic birth
- C. can be helped with support for the mother-infant dyad
- D. must happen within the first 12 hours after birth

Answer: C

NEW QUESTION # 87

24. A 40-year-old woman with a high body mass index (BMI) is 10 weeks pregnant. Which diagnostic tool is appropriate to suggest to her at this time?

- A. Transvaginal ultrasound
- B. Biophysical profile
- C. Maternal serum alpha-fetoprotein (MSAFP)
- D. Amniocentesis

Answer: A

NEW QUESTION # 88

61. 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: In the scenario, Aliya is describing increased tearfulness. Her symptoms occur daily for the last two weeks and are affecting her functioning. In addition to depressed mood, what other symptom would she need in order to meet the criteria of DSM-5 diagnosis of Major Depressive Disorder, with peripartum onset?

- A. Suicidal ideation
- B. Psychomotor retardation
- C. Anhedonia
- D. Excessive guilt

Answer: C

NEW QUESTION # 89

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