

PRE AND POST TEST

Name: _____

Date: _____

This test will be given at the beginning and again at the end of this class series. You will not receive a grade and you cannot pass or fail. This test is designed to help the instructor improve this class and determine if you know more after you have completed this course. Read and answer each question to the best of your ability. **Please only circle one answer per question.**

1. Pregnant women often complain of backaches. A remedy for a backache is:
 - A. Quit complaining and forget about it.
 - B. There's not one.
 - C. Pelvic rocking motion.
2. The egg, or ovum, comes from which part of a women's body?
 - A. The stomach.
 - B. The bladder.
 - C. The ovaries.
3. A birth control method you can get without seeing the doctor or nurse practitioner:
 - A. A condom.
 - B. The birth control pill.
 - C. The Implanon.
4. How long do pills protect you from pregnancy after you stop taking them?
 - A. 1 year.
 - B. 6 months.
 - C. They stop working immediately.
5. How close together should contractions be before coming to the hospital?
 - A. 30 minutes apart.
 - B. 5 minutes apart.
 - C. 3 minutes apart.
6. In addition to contractions, two other reasons to go to the hospital are (pick one):
 - A. Nesting urge and constipation.
 - B. Pre-term labor and bleeding.
 - C. The baby drops and fatigue.
7. Two reasons a woman may need a cesarean, or c-section, are (pick one):
 - A. The baby is in breech position; fetal distress.
 - B. The mother is in pain; she wants a c-section.
 - C. The water won't break; the baby is coming head first.
8. An excellent source of protein, other than meat, is:
 - A. Peanut butter.
 - B. Water.
 - C. Cookie.
9. Your delivering healthcare provider should be called if:
 - A. You have heartburn.
 - B. Your water has broken or you are experiencing heavy bleeding.
 - C. You need someone to talk to.
10. The postpartum checkup:
 - A. Makes sure the baby is OK and a weight check.
 - B. Is an important examination to make sure you have healed properly and to help with family planning choices.
 - C. Is a family planning appointment only.