



Helping Mothers Survive Essential Care for Labor & Birth Post -course Knowledge Assessment



Circle the correct answer.

1. Which woman below would be classified as a woman in active labor?
 - a) Mrs. A with cervix dilated 3 cm and painful, irregular contractions
 - b) Mrs. B. with cervix dilated 4 cms and painful contractions every 3 minutes
 - c) Mrs. C. with cervix dilated 5 cms and painful contractions every 3 minutes
2. How often should the fetal heart rate be checked and recorded during active phase of the 1st stage of labor?
 - a) Every 15 minutes
 - b) Every 30 minutes
 - c) Every 60 minutes
3. When can you wash your hands with alcohol-based rub rather than soap and water?
 - a) If hands are not visibly soiled
 - b) If hands are visibly soiled
 - c) Any time, regardless of activity or soil
4. Which of the following has been shown to decrease complications at birth?
 - a) Performing a vaginal examination every two hours
 - b) Routinely augmenting labor to shorten the first stage
 - c) Performing artificial rupture of membranes during labor to assess the color of the amniotic fluid
 - d) Allowing the woman to have a companion of her choice with her during labor and birth
5. Which is the correct order of assessments for the typical woman presenting in labor when birth does not appear to be imminent?
 - a) Take history, do a Quick check, conduct an abdominal examination, and conduct a vaginal examination
 - b) Do a Quick check, take history, conduct an abdominal examination, and conduct a vaginal examination
 - c) Do a Quick check, conduct a vaginal examination, conduct an abdominal examination, and take history
6. What action is not included in a Quick check?
 - a) Determine if birth is imminent
 - b) Check for danger signs
 - c) Do a vaginal examination
7. Which of the following is a critical element of a Quick check?
 - a) Assess whether birth is very close
 - b) Check the woman's records and ask about the history of her current pregnancy
 - c) Perform an abdominal examination
8. Which of these methods is the most accurate for determining gestational age?
 - a) Calculation based on known last normal menstrual period
 - b) Measurement of fundal height
 - c) Ultrasonography performed at 25 weeks

Use a pregnancy wheel or a calendar to answer questions 9 and 10:

9. The first day of Maria's last menstrual period was on 20 September. What is her estimated date of delivery (EDD)?
 - a) 21 April
 - b) 12 June
 - c) 27 June
 - d) 4 August
10. Today is 13 June. What is the gestational age (GA) of Maria's pregnancy today?
 - a) 34 weeks 4 days
 - b) 38 weeks 0 days
 - c) 39 weeks 5 days
 - d) 40 weeks 6 days
11. Evidence shows that which of the following practices may reduce the risk of infection?
 - a) Shaving the woman's perineum before birth
 - b) Routine vaginal cleansing with chlorhexidine during labor
 - c) Limiting vaginal examination to every four hours unless there are clear indications
12. What is one benefit of giving birth while standing, squatting, or kneeling?
 - a) Shorter second stage
 - b) Less blood loss
 - c) Lower risk of second degree tears
13. Once the cervix is fully dilated, which of the following is recommended?
 - a) Encourage the woman to push in the position of her choice as soon as the cervix is completely dilated.
 - b) Encourage the woman to push in the position of her choice when she has the urge to push.
 - c) Have her lie flat on her back so you can see if the baby is crowning.
14. If the baby is crying and does not need resuscitation, when should you clamp or tie the umbilical cord?
 - a) Immediately after birth
 - b) 5 minutes after birth
 - c) 1 to 3 minutes after birth
15. Immediate care for a normal newborn includes which of the following actions?
 - a) Stimulating the baby by slapping the soles of the baby's feet
 - b) Drying the baby
 - c) Placing baby in a baby warmer
16. Under most circumstances, when should a woman be supported to begin breastfeeding?
 - a) After the baby's first bath
 - b) When the baby first starts to cry
 - c) As soon as possible when the baby is ready within the first hour after birth
 - d) When her milk comes in
17. How often you monitor a woman (uterine tone, bleeding, BP, and pulse) in the first two hours after giving birth?
 - a) Every 5 minutes
 - b) Every 15 minutes
 - c) Every 30 minutes

18. To promote the best outcomes for themselves and their children, how long should women wait before trying to get pregnant after giving birth?
 - a) 1 year
 - b) 18 months
 - c) 2 years
 - d) 3 years
19. For at least how long after birth does the WHO recommend that women and babies who have not had any complications remain at the facility?
 - a) 12 hours
 - b) 24 hours
 - c) 48 hours
20. Which of the following is NOT a newborn danger sign?
 - a) Chest in-drawing
 - b) Jaundice (yellowed skin) present on the first day of life
 - c) Newborn head has caput succedaneum
21. If the fetal heart rate goes below 110 bpm during the first stage of labor, what is the first action to take?
 - a. Change the woman's position
 - b. Take the woman's temperature
 - c. Start an IV
22. What action is recommended if the fetal heart rate remains below 110 bpm between contractions for 10 minutes?
 - a. Check again in 30 minutes
 - b. Give medication to reduce uterine contractions
 - c. Start an IV and oxygen and seek advanced care
23. If the woman's temperature is 38.5° and she has ruptured membranes, what is the most important action to take?
 - a. Put a cool cloth on her head
 - b. Begin antibiotics
 - c. Begin anti-malarial drugs