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1. Complete the registration information below.
2. Legibly write the letter of the answer for each test question in the spaces provided.
3. Sign and date the application.
4. Mail the *Independent Study Application*, the fee, if applicable, and the completed *Module Evaluation* to:

March of Dimes Nursing Modules
1275 Mamaroneck Avenue
White Plains, New York 10605

- If you are submitting the **original** *Independent Study Application* from the module, **no fee** is required.
- If you are submitting a **photocopied or downloaded** application from marchofdimes.com/nursing, include a **\$15 check** made payable to the March of Dimes.

For immediate test results, you may also take the *Independent Study Test* and print your certificate online at marchofdimes.com/nursing/takeyourtestonline. This requires a **\$15 fee payable by credit card**.

This module is valid for **3.3 contact hours** for RNs.

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It has been assigned code 7SHRNB-PRV-09.

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REGISTRATION INFORMATION

Name _____ Credentials _____

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TEST ANSWERS

1. _____ 3. _____ 5. _____ 7. _____ 9. _____ 11. _____ 13. _____

2. _____ 4. _____ 6. _____ 8. _____ 10. _____ 12. _____ 14. _____

Signature _____ Date _____

TEST QUESTIONS

1. Infants are at the greatest risk of developing birth defects during the:
 - A. Actual birth process
 - B. Last month of gestation
 - C. First 8 weeks after conception
 - D. Second trimester of pregnancy
2. To best promote the birth of healthy infants, health education should be initiated:
 - A. Throughout pregnancy
 - B. At the first prenatal visit
 - C. After the birth of the infant
 - D. Before the woman becomes pregnant
3. Preconception genetic assessments are done so that couples at risk can:
 - A. Use birth control
 - B. Receive reassurance
 - C. Plan to adopt a child
 - D. Make educated choices
4. The leading cause of infant mortality in the United States is:
 - A. Birth defects
 - B. Accidental injuries
 - C. SIDS
 - D. Maternal complications
5. To help prevent neural tube defects, women of childbearing age should consume what amount of folic acid daily?
 - A. 0.2 mg
 - B. 0.4 mg
 - C. 1.0 mg
 - D. 4.0 mg
6. Which statement by a pregnant woman in the United States reflects an increased risk for the leading cause of preventable mental retardation?
 - A. "I take a megadose vitamin in the morning."
 - B. "I have a glass of wine with dinner every night."
 - C. "I have not received the hepatitis B immunization yet."
 - D. "I was diagnosed with epilepsy when I was a little girl."
7. Autosomal dominant diseases in infants have been associated with fathers who:
 - A. Use tobacco products
 - B. Are over the age of 40
 - C. Have diseases of the reproductive system
 - D. Experienced exposure to environmental toxins
8. When both parents carry the gene for the same autosomal recessive disease, the risk with each pregnancy that the baby will have the disease is:
 - A. 25%
 - B. 50%
 - C. 75%
 - D. 100%

9. Preconception education programs primarily focus on:
- A. Diseases
 - B. Attitudes
 - C. Wellness
 - D. Behavior
10. When planning programs to increase awareness about the need for preconception health promotion, it is most important that the nurse understand that:
- A. Early prenatal care is the best way to promote healthy childbearing.
 - B. Education about healthy childbearing should begin at the first prenatal visit.
 - C. Lifestyle changes made after 8 weeks gestation will have little impact on the fetus.
 - D. Many women do not know that they are pregnant during the critical time of fetal development.
11. It is most important to provide personalized risk assessment services:
- A. After a couple has had their first child
 - B. Within a community health care environment
 - C. During routine women's health care
 - D. When a pregnant woman is identified as having a problem
12. Which statement by a pregnant woman reflects a negative result of specialized preconception consultation services:
- A. "My husband and I have decided to adopt a child."
 - B. "We are nervous, but at least we know where we stand."
 - C. "We have a lot to think about before making a decision."
 - D. "We are so overwhelmed that we're just going to do what the doctor says."
13. When planning a preconception teaching program highlighting contraceptive use, the nurse should attempt to reach the most women who are at risk for an unplanned pregnancy. These women generally are:
- A. Younger than 20 years
 - B. Between 20 and 24 years old
 - C. Between 25 and 35 years old
 - D. Older than 40 years
14. The nurse evaluates that further health teaching regarding infections during pregnancy is necessary when a woman says, "I should:"
- A. "Cook meat thoroughly before eating it when I am pregnant."
 - B. "Have my husband empty the cat's litter box when I am pregnant."
 - C. "Wait 1 month after my varicella vaccine before I try to get pregnant."
 - D. "Get the immunization for hepatitis B at least 3 months before getting pregnant."