# Answers to Questions in the Workbook, Chapter 44, Caring for Birthing Parents and Newborns

Activity A FILL IN THE BLANKS

* 1. The placenta develops from the inside lining of the uterus during pregnancy.
  2. The developing baby is called a fetus.
  3. Prolactin, a hormone secreted by the pituitary gland, causes the breasts to enlarge and prepare for the production of milk.
  4. The uterus enlarges to make room for the growing baby.
  5. More blood is formed to meet the baby’s need for oxygen and nutrients.
  6. Changes in hormone levels may be responsible for the morning sickness that many people have early in their pregnancies.

Activity B MULTIPLE CHOICE

1. b. To meet the growing baby’s need for calcium

2. d. All of the above

3. b. 3 months

4. a. Swollen ankles

Activity C FILL IN THE BLANKS

1. Preterm labor means that labor begins too early, before the fetus is capable of surviving on its own.

2. Pregnancy-induced hypertension (PIH) is a complication that can develop during pregnancy that causes the person to develop dangerously high blood pressure. If not treated, it can lead to eclampsia.

3. A pregnant person may need to provide urine samples on a regular basis to be tested for glucose and protein.

Activity D SHORT ANSWER

The nursing assistant may be responsible for measuring and recording Mrs. Daoud’s vital signs, obtaining urine samples, and helping Mrs. Daoud with personal care, such as bathing, grooming, and toileting. Because Mrs. Daoud is likely to be bored and anxious about the health of her baby, the nursing assistant is also responsible for providing companionship and emotional support.

Activity E FILL IN THE BLANKS

1. When it is time for a baby to be born, in females, the pituitary gland releases oxytocin, a hormone that stimulates the uterus to contract.

2. The contractions of the uterus squeeze the baby downward, forcing the head against the cervix so that it opens, or dilates. This process is known as labor.

3. A person may deliver (give birth to) the baby vaginally or by cesarean section.

4. Many people choose to have an epidural block, anesthesia given through a catheter that is placed in the spinal canal.

Activity F SHORT ANSWER

The baby is weighed and measured and evaluated by the nurse or doctor. The baby’s footprints are taken, and identification bracelets are applied to the wrists and ankles. The baby may be placed for a short period of time in a special bed to help keep them warm. Once the baby’s temperature has stabilized, they are given a bath to remove the vernix, a protective, cheese-like substance that is present on the skin of newborns. Finally, the baby is wrapped snugly in a blanket; a soft, stretchy cap is put on the baby’s head to prevent heat loss; and the baby is placed in the waiting arms of their parents.

Activity G MATCHING

1. d

2. e

3. f

4. b

5. g

6. a

* 1. c

Activity H SHORT ANSWER

When you are caring for a person who has just delivered a baby, you will have several general responsibilities related to their care, including (1) taking vital signs as ordered, (2) assisting with transferring and walking, (3) assisting with toileting, and (4) observing for abnormal signs or complications.

Activity I WRITE THE NORMAL RANGE

1. Temperature: 97.6° to 98.6°F (36.4° to 37.0°C)

2. Pulse rate: 110 to 160 beats/min

3. Respiratory rate: 30 to 60 breaths/min

4. Blood pressure: 50 to 80 mm Hg systolic, 30 to 50 mm Hg diastolic

Activity J SHORT ANSWER

Three common security procedures designed to protect the newborn are (1) visitors are required to sign in; (2) the baby is taken to and from the nursery by a member of the health care team; and (3) matching identification bands are given to the newborn and the parents and are always checked before handing the baby to the parent.

Activity K MULTIPLE CHOICE

1. b. It is kept clean and dry

2. b. The circumcision should heal in 10 to 14 days

3. a. After the umbilical cord stump has dried up and fallen off

Activity L SHORT ANSWER

1. Help Mrs. Kleiss get into a comfortable position; help her to wash her hands and clean the nipple with warm water before beginning; hand Mrs. Kleiss the baby; Mrs. Kleiss should allow her nipples to air-dry when the baby is finished.

2. Prepare the formula according to label instructions; warm the bottle by placing it in warm water, test the temperature of the formula on your wrist; wash the bottles, nipples, and rings in hot soapy water or in the dishwasher.

Activity M TRUE OR FALSE

1. F. Microwaving the bottle DOES NOT ensure even heating of the contents.

2. F. The baby should NOT be laid down to take the bottle.

3. T

4. F. Bottles DO NOT need to be boiled for sterility.

5. F. Infants younger than 1 year may be fed breast milk or a commercial formula, BUT NOT cow’s milk.

6. T

7. F. When bathing the baby, the bath basin should be filled with ONLY 1 to 2 inches of water.

8. T

9. F. A baby should NEVER be put to bed with a fluffy comforter or a stuffed animal.

10. T

11. F. An infant car seat is placed in the BACK seat, facing the BACK of the car.

Activity N REARRANGE IN THE RIGHT ORDER

7

1

4

5

2

3

9

8

6

Activity O REARRANGE IN THE RIGHT ORDER

3

6

2

7

5

1

4

Activity P CROSSWORD  
Across:

4. PREGNANCYINDUCEDHYPERTENSION

Down:

1. POSTPARTUM

2. BONDINGPERIOD

3. NEONATE

5. ANTEPARTUM