

# Study Guide Answer Key

chapter

# 6

## Learning Activities

1.
  - a. Powers
  - b. Passage
  - c. Passenger
  - d. Psyche
2. Uterine contractions, maternal pushing
3.
  - a. Percentage of its original length
  - b. Centimeters
4.
  - a. 90 seconds, 60 seconds, 2 minutes
  - b. The placenta does not receive oxygen-carrying maternal blood when the uterus is tightly contracted. Excessive duration of contractions or inadequate uterine relaxation could reduce fetal oxygen supply.
5.
  - a. Allow fetal head to change shape and accommodate to the size and shape of the maternal pelvis.
  - b. Provide landmarks to determine how the fetus is oriented within the mother's pelvis.
6.
  - a. Right sacrum anterior (breech)
  - b. Left mentum transverse (face presentation)
  - c. Right occiput anterior (most common)
  - d. Left occiput posterior ("back labor")
7. Change in cervical effacement and/or dilation
8.
  - a. Latent (1–4 cm dilation; 4–6 hours)
  - b. Active (4–7 cm dilation and effacement; 2–6 hours)
  - c. Transition (7–10 cm and complete effacement; ½–2 hours)
9.
  - a. First stage
    - i. Latent phase: cooperative, alert, talkative, welcomes diversions, frequent urination, thirsty
    - ii. Active phase: apprehensive, anxious, introverted, less social, focused on breathing, perspires, facial flushing, requests pain relief, fears losing control; may need pain relief
    - iii. Transition phase: irritable, rejects support persons, introverted, wants to give up, restless, leg tremors, fears losing control, requests pain relief
  - b. Second stage: bulging perineum, passage of stool, spontaneous pushing or urge to push, states that baby is coming, exhaustion after each contraction, unable to follow directions easily, excitement about imminent birth
  - c. Third stage: elation, relief, tremors, increased energy, curious about baby, desires to nurse baby, minimal pain with placental expulsion
  - d. Fourth stage: time for parents and new baby to get acquainted, mother nurses baby
10.
  - a. 110–120 BPM, 150–160 BPM
  - b. Presence of variability and accelerations are expected in a term labor, but may be depressed by maternal narcotic administration or preterm gestation.
11. Cloudy yellow fluid (suggests infection); fluid with a strong odor (infection); fluid containing meconium
12.
  - a. 100.4° F (38° C) or higher
  - b. 140/90 mm Hg or higher, systolic below 90 mm Hg
  - c. Outside normal limits of 110–120 BPM (lower limit) or 150–160 BPM (upper limit) at term

## Matching

c, n, p, d, h, q, m, a, j, l, k, g, o, b, f, i, e

## Review Questions

1. Answer: 1  
Rationale: The normal range (1) for the FHR at term is 110–160 BPM, so 125 BPM is normal regardless of whether the fetus is preterm (2); it is not high normal (3), which would be more in the range of 150–160 BPM, nor is in a slow baseline (4), which would be more in the range of 110–120 BPM.
2. Answer: 1  
Rationale: The duration is the average length of contractions, timed from the beginning to the

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**AW Chickering**



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*Children's Books in Print* R R Bowker Publishing,Bowker,1999-12

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