

## Study Guide Answer Key

**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; 1–2 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  
110–120 BPM, 150–160 BPM
10. a. 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 it 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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**J Elliott**

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web 1 day ago stock down 1 john cena john cena was demolished by solo sikoa at crown jewel losing their match clean after taking 10 samoan spikes john hyped up this match as a must win because he needed to end his 2000 day streak of never

winning a singles match on wwe tv or ppv but cena lost and the streak goes on which leaves fans