

Study Guide for

Essentials of maternity, Newborn, & Women's Health Nursing

FOURTH EDITION



Acquisitions Editor: Natasha McIntyre
Product Development Editor: Annette Ferran
Director of Product Development: Jennifer Forestieri
Editorial Assistant: Dan Reilly
Design Coordinator: Terry Mallon
Manufacturing Coordinator: Karin Duffield
Prepress Vendor: Aptara, Inc.

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Preface

This Study Guide was revised by Jeanann Sousou to accompany the fourth edition of *Essentials of Maternity, Newborn, & Women's Health Nursing* by Susan Scott Ricci. The Study Guide is designed to help you practice and retain the knowledge you've gained from the textbook, and it is structured to integrate that knowledge and give you a basis for applying it in your nursing practice. The following types of exercises are provided in each chapter of the Study Guide.

SECTION I: ASSESSING YOUR UNDERSTANDING

The first section of each Study Guide chapter concentrates on the basic information of the textbook chapter and helps you to remember key concepts, vocabulary, and principles.

Fill in the blanks

Fill in the blank exercises test important chapter information, encouraging you to recall key points.

■ Labeling

Labeling exercises are used where you need to remember certain visual representations of the concepts presented in the textbook.

■ Matching

Matching questions test your knowledge of the definition of key terms.

■ Sequencing

Sequencing exercises ask you to remember particular sequences or orders, for instance testing processes and prioritizing nursing actions.

■ Short answers

Short answer questions will cover facts, concepts, procedures, and principles of the chapter. These questions ask you to recall information as well as demonstrate your comprehension of the information.

SECTION II: APPLYING YOUR KNOWLEDGE

The second section of each Study Guide chapter consists of case study–based exercises that ask you to begin to apply the knowledge you have gained from the textbook chapter and reinforced in the first section of the Study Guide chapter. A case study scenario based on the chapter's content is presented, and then you are asked to answer some questions, in writing, related to the case study. The questions cover the following areas:

- Assessment
- Planning nursing care
- Communication
- Reflection

SECTION III: PRACTICING FOR NCLEX

The third and final section of the Study Guide helps you practice NCLEX-style questions while further reinforcing the knowledge you have been gaining and testing for yourself through the textbook chapter and the first two sections of the study guide chapter. In keeping with the NCLEX, the questions presented are multiple choice and scenario based, asking you to reflect, consider, and apply what you know and to choose the best answer out of those offered.

ANSWER KEYS

The answers for all of the exercises and questions in the Study Guide are provided at the back of the book, so you can assess your own learning as you complete each chapter.

We hope you will find this Study Guide to be helpful and enjoyable, and we wish you every success in your studies toward becoming a nurse.

The Publishers

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Perspectives on Maternal, Newborn, and Women's Health Care

Learning Objectives

Upon completion of the chapter, you will be able to:

- Identify the key milestones in the evolution of childbirth in America.
- Describe the major components, concepts, and influences associated with the nursing management of women and their families.
- Compare the past definitions of health and illness to the current definitions.
- Examine the factors that affect maternal, newborn, and women's health.
- Evaluate how society and culture can influence the health of women and their families.
- Discuss the health care barriers affecting women and their families.
- Review the ethical and legal issues that may arise when caring for women and their families.

SECTION I: ASSESSING YOUR UNDERSTANDING

Activity A FILL IN THE BLANKS

1. A ______ is a lay birth assistant who provides quality emotional, physical, and

educational	support to the woman and
family duri	ng childbirth and the postpartum
period.	

- 2. _____ therapy is a procedure that involves opening the uterus during pregnancy, performing a surgery, and replacing the fetus in the uterus.
- **3.** The use of oral contraceptives makes a woman susceptible to _____ cancer.
- **4.** The ______ is considered the basic social unit.
- 5. Under certain conditions, a minor can be considered ______ and can make health care decisions independently of parents.
- 6. Overall plans in the health care delivery system improve access to preventive services, but may limit access to _____ care which greatly impacts women and children with chronic or long-term illnesses.
- 7. _____ view life as a cycle with everything connected to health.
- **8.** The ability to apply knowledge about a client's culture to adapt his or her health care accordingly is known as cultural ______.

planning, applic up, and evaluation meet an individu ————————————————————————————————————	e process of assessment, ation, coordination, followon of the options needed to hal's needs is referred to as the measure of prevalence of a population at a particular	Activity D SHORT ANSWERS Briefly answer the following. 1. What are the risk factors the nurse should monitor for in women that could lead to cardiovascular disease (CVD)?				
	nursing skills in Column A	2. What are the components of case				
Column A	Column B	management?				
 1. Asian	 a. Childbirth is viewed as a normal, natural process; entire family may be present during birth b. During the first 40 days after delivery, women are thought to be susceptible to cold c. Newborns not given colostrum d. Quiet stoic appearance of woman during labor e. Liberal use of oil on newborn's and infant's scalp and skin 	3. What are the risk factors for breast cancer in women?4. What is evidence-based nursing practice?5. What is maternal mortality rate?				
Activity C SEQUE	NCING					
following character evolution of materr the proper chronolog. 1. The assistance of and doulas grew	vided below, put the istic approaches in the all and newborn nursing in gic order. f certified nurse midwives in popularity as a choice in	6. What are the predictors of infant mortality?				
birthing process maternal mortal 3. "Natural childbi	ves" handled the normal for most women; infant and ity rates were high. rth" practices advocating edication and focusing on	SECTION II: APPLYING YOUR KNOWLEDGE				

Activity E CASE STOD

Consider this scenario and answer the questions.

A couple in their late 20s is expecting their first child. They are touring the labor and delivery suite at the hospital they have chosen for the birth. The nurse who is conducting the tour

4. Physicians attended about half the births, with midwives caring for women who could

not afford a doctor.

refers to giving '	family-centered	care" and using
"evidence-based	nursing" on the	eir unit.

1.	couple asks what "family-centered care" is. How would the nurse appropriately respond to this couple's question?
2.	The couple then asks what the nurse means by "evidence-based nursing" and how that affects the two of them and their newborn. What is the nurse's best response?

SECTION III: PRACTICING FOR NCLEX

Activity F NCLEX-STYLE QUESTIONS

Answer the following questions.

- 1. A client who has just given birth is concerned about the high rate of infant mortality in the United States. She is anxious about the health of her child and wants to know ways to keep her baby healthy. Which recommendation would best meet this goal?
 - **a.** Place the infant on his or her back to sleep
 - b. Breastfeed the infant
 - **c.** Begin feeding of solids by age 4 months
 - **d.** Give the infant liquid vitamins daily
- 2. A nurse is conducting an intake interview with a new client who wishes to become pregnant. The client has a history of seizures and is on antiepileptics. Which measure should the nurse advocate for the client to take to prevent adverse effects on the fetus?
 - **a.** Continue taking her antiepileptic medications to prevent any potential seizures during pregnancy
 - **b.** Take vitamin E supplements along with the antiepileptic medications

- **c.** Discontinue the antiepileptic medications until after the baby is born
- **d.** Discuss her medication regimen with her health care provider to determine if her medications need to be changed
- 3. A nurse is caring for a client who wishes to undergo an abortion. The nurse has concerns because abortion is against her personal convictions, and this is interfering with her professional duty. Which action should the nurse take to follow American Nurses Association's (ANA) code of ethics for nurses?
 - **a.** Provide emotional support to the client while caring for her
 - **b.** Not allow her personal convictions to interfere with her profession
 - **c.** Involve the client's family in convincing the client against an abortion
 - **d.** Make arrangements for alternate care providers
- **4.** A client who has recently given birth arrives in a health care facility wanting to know ways to prevent sudden infant death syndrome (SIDS) in her infant. Which instructions should the nurse provide to address the concern?
 - a. Place the infant in warm clothes
 - **b.** Feed the infant only breast milk
 - **c.** Provide very soft bedding for the crib
 - **d.** Place the infant on his or her back to sleep
- **5.** A nurse is caring for a critically ill female client who has recently been diagnosed with advanced lung cancer. The family asks the nurse why their mother's cancer is so advanced and was not detected earlier. Which response would be **most** accurate and appropriate?
 - **a.** Women have a stronger resistance against lung cancer initially.
 - **b.** Lung cancer has few early symptoms and is often explained away as some other minor illness.
 - **c.** Lung cancer progresses faster in women than in men.
 - **d.** Lung cancer is more challenging to diagnose in women than in men.

- **6.** A group of nurses are discussing the most recent statistics on death due to prematurity in the United States. Which action, if implemented, would have the **greatest** impact on improving outcomes?
 - **a.** Track the incidence of violent crime against pregnant women
 - **b.** Examine health disparities between ethnic groups
 - **c.** Improve women's access to receiving prenatal care
 - **d.** Identify specific national health goals related to maternal and infant health
- **7.** The nurse is caring for a pregnant Arab American woman. Which statement **most** accurately describes the client's potential health care beliefs?
 - **a.** Folk remedies are commonly used in women's health care.
 - **b.** The woman will participate in birthing classes as long as her husband accompanies her.
 - **c.** The husband makes all the health care decisions for the wife.
 - **d.** Birth control is considered an acceptable method for natality limitations.
- 8. The nurse is caring for a client with end-stage breast cancer. When the nurse takes chemotherapy medication into the client's room, the client states, "I'm too tired to fight any more. I don't want any more medication that may prolong my life." The client's husband is at the bedside and states, "No! You have to give my wife her medication. I can't let her go." What action by the nurse is most appropriate?
 - **a.** Give the medication as prescribed and make a referral to pastoral services
 - **b.** Explain to the husband that his wife has the right to refuse medication and care
 - **c.** Encourage the client to heed her husband's wishes
 - d. State that the nurse has to give the medication unless the health care provider prescribes that the medication be stopped

- 9. A client tells the nurse that she is getting divorced and wants to be sure that her soonto-be ex-husband cannot have access to her medical information. Which response would be the most accurate for the nurse to give the client?
 - a. "Don't worry about things like that, you have too much else to worry about right now."
 - **b.** "Husbands always have access to their wife's health records."
 - **c.** "We have to give him access to your records in case they impact your divorce proceedings."
 - **d.** "You have the right to say who can access your health records and who cannot."
- 10. A nurse is caring for a 31-year-old pregnant client who is subjected to abuse by her partner. The client has developed a feeling of hopelessness and does not feel confident in dealing with the situation at home, which makes her feel suicidal. Which nursing intervention should the nurse offer to help the client deal with her situation?
 - **a.** Counsel the client's partner to refrain from subjecting his partner to abuse
 - **b.** Help the client understand the legal impact of her situation to help protect her
 - **c.** Provide emotional support to empower the client to help herself
 - **d.** Introduce the client to a women's rights group
- 11. A recently licensed nurse is orienting to a pediatric unit in an acute care facility. The nurse is discussing causes of infant mortality with her preceptor. Which statement by the preceptor most accurately addresses this problem?
 - a. "Most infants that die during infancy are victims of abuse and neglect."
 - b. "The most common cause of infant deaths is chromosomal abnormalities and congenital anomalies, which we have no control over."
 - c. "Most of the infant deaths I have seen are related to sudden infant death syndrome (SIDS)."
 - **d.** "Infant death rates combine deaths from birth through the first year of life. That is why the numbers are so high."

- **12.** A group of women are attending a community presentation regarding the leading health concerns of women. Which interventions should the nurse recommend to have the greatest impact on the leading cause of death?
 - a. Yearly gynecologic exams
 - **b.** Prompt attention to respiratory tract infections
 - c. Weight control and being knowledgeable about family history of cardiovascular disease
 - **d.** Regular neurologic exams to note any cognitive or behavioral changes early
- **13.** The nursing instructor is discussing culture with a group of nursing students. Which aspects should be included in the discussion of this topic? Select all that apply.
 - a. A sense of personal space
 - b. A person's race
 - c. Primary language spoken by the family
 - d. Level of education
 - e. Religious beliefs of the individuals

- 14. A pregnant client comes to the local health clinic for her scheduled prenatal visit. On her chart, the nurse notices that the client indicated that she resides in an extended family situation. Which arrangement would validate this information?
 - **a.** She lives with her mother, stepfather, and his two sons.
 - **b.** She lives with her best friend and her three children.
 - **c.** She lives with her husband and her daughter and son of whom she has joint custody.
 - **d.** She lives with her grandmother, her uncle, her mother, and her younger sister.
- **15.** The nurse is caring for a Hispanic client who is in labor. The client appears to closely follow traditional cultural behaviors. Which behavior would **most** likely be noted by the nurse?
 - **a.** The woman is stoic during intense contractions, showing little emotion.
 - **b.** The woman reports a desire to have her extended family present during the labor and birth.
 - **c.** The woman defers to her husband during interactions.
 - **d.** The woman wishes to labor unclothed.

Family-Centered **Community-Based Care**

Learning Objectives

Upon completion of the chapter, you will be able to:

- Examine the major components and key elements of family-centered community health care.
- Explain the reasons for the increased emphasis on community-based care.
- Differentiate community-based nursing from nursing in acute care settings.
- Integrate the different levels of prevention in community-based nursing, providing examples of each.
- Cite examples of cultural issues that may be faced when providing community-based nursing.
- Describe the dynamic forces contributing to cultural diversity to adapt delivery of culturally competent care to women and their families.
- Construct strategies for integrating elements of alternative/complementary therapies and scientific health care practice.
- Identify the variety of settings where community-based care can be provided to women and their families.
- Outline the various roles and functions assumed by the community health nurse.
- Demonstrate the ability to use therapeutic communication skills when interacting with women and their families.
- Evaluate the process of health teaching as it relates to women and their families.
- Determine the importance of discharge planning and case management in providing community-based care.

6

SECTION I: ASSESSING YOUR UNDERSTANDING

Activity A FILL IN THE BLANKS ____ communication, also referred to as body language, includes attending to others and active listening. ____ management focuses on coordinating health care services while balancing quality and cost outcomes. ___ may be defined as a "specific group of people, often living in a defined geographical area, who share a common culture, values, and norms." _____ clinics offer a community-based site for the childbearing family to access services. **5.** Primary ______ involves avoiding the disease or condition before it occurs through health-promotion activities, environmental protection, and specific protection against disease or injury.

6. Practicing true _____ care may

more secure throughout the process.

7. Cultural _

empower the family, strengthen family

resources, and help the woman or child feel

knowledge, willingness, and ability to adapt

health care to enhance its acceptability to

___ is defined as the

8.		involve participating in ions with people from kgrounds.	Activity D SHORT ANSWERS Briefly answer the following.				
9.	literacy i	is the ability to read, nealth care information.	1. What techniques can the nurse use to enhance learning?				
10.	Medically medically complex ne nursing interventions	eds that require skilled	10 ST 2				
Activity B MATCHING Match the health care facilities in Column A with their services in Column B.			2. What are the four main purposes of nursing documentation?				
Col	lumn A	Column B					
	_ 1. Counseling centers	a. Provide women's health lectures					
	2. Wellness centers	instruction on breast self-	3. What are the duties of a nurse in an outpatient clinic?				
	_ 3. Wholeness healing centers	examinations and Pap smears, and					
_	4. Educational	computers for research	17.10				
	centers	b. Provide acupuncture, aromatherapy, and herbal remedies	4. What do discharge planning and case management contribute to in the communit setting?				
		c. Offer stress- reduction techniques					
		d. Offer various support groups	5. What are the factors that have influenced an increased emphasis on health promotion and illness prevention?				
	tivity C SEQUENCIN		micss prevention.				
edi	ace the steps needed w ucation to patients an currence in the boxes p	d families in order of					
1.	Intervening to enhan	ce learning	6. What is a birthing center?				
2.	Planning education		o. What is a bittiming tenter:				
3.	Evaluating learning						
4.	Documenting teaching	g and learning					
5.	Assessing teaching an	d learning needs	Constant Control				
_							

SECTION II: APPLYING YOUR KNOWLEDGE

Activity E CASE STUDY

Consider the scenario and answer the questions.

By the year 2050, people of African, Asian, and Latino backgrounds will make up one half of the American population. This growing diversity has strong implications for the provision of health care.

1.	A nurse is employed in a clinic that provides prenatal services to a multicultural community predominated by African and Latino families. How should the nurse adapt to different cultural beliefs and practices?
2.	List examples of cultural characteristics that would be important for a nurse to understand.
3.	What activities would help ensure that a nurse delivers culturally competent nursing care to diverse families?

SECTION III: PRACTICING FOR NCLEX

Activity F NCLEX-STYLE QUESTIONS

Answer the following questions.

- 1. A nurse is working in a community setting and is involved in case management. In which activity would the nurse most likely be involved?
 - a. Help a grandmother to learn a procedure
 - **b.** Assess the sanitary conditions of the home
 - c. Establish eligibility for a Medicaid waiver
 - **d.** Schedule speech and respiratory therapy services

- **2.** What is a key element when providing family-centered care?
 - a. Communicate specific health information
 - **b.** Be in control of the way care is given
 - **c.** Give only the health information that is necessary while providing care
 - **d.** Avoid cultural issues by providing care in a standardized fashion
- **3.** Nurses play important roles in a variety of community settings. Which nursing goal is common to all types of community settings?
 - **a.** Remove or minimize health barriers to learning
 - **b.** Promote the health of a specific group of clients
 - **c.** Determine the type of care a client needs initially at a visit
 - **d.** Ensure that the health and well-being of women and their families is achieved
- 4. A pregnant client arrives at the maternity clinic for a routine checkup. The client has been reading books on pregnancy and wants to know ways to prevent the incidence of neural tube defects (NTDs) in her fetus. Which recommendation should the nurse offer the client to reduce the risk of NTDs for this fetus?
 - **a.** Take vitamin E supplements three times per week
 - **b.** Take folic acid supplements each day
 - **c.** Increase consumption of legumes such as beans and peas
 - d. Consume citrus fruits every day to increase intake of vitamin C
- **5.** A nurse is addressing a group of women on the issue of women's health during their reproductive years. Which reason does the nurse provide regarding the need for comprehensive, community-centered care to women during this time period?
 - **a.** Women have more health problems during their reproductive years.
 - **b.** Increased stress causes more health problems during their reproductive years.
 - **c.** A women's immune system weakens immediately after birth.
 - **d.** Women's health care needs change with their reproductive goals.

- 6. The nurse has to prepare a discharge plan as a part of her postpartum care of a client, whom she is caring for in a home-based setting. Which aspect of care should the nurse include in her postpartum plan in this environment?
 - **a.** Provide the client with self-help books about infant care
 - **b.** Monitor the physical and emotional well-being of family members
 - **c.** Recognize infant needs in the discharge plan
 - **d.** Identify developing complications in the infant
- 7. A nurse is caring for a Turkish American client. The nurse understands that there could be major cultural differences between her and her client. The nurse contemplates assigning this client to a staff member who is of the same culture as the client. What is a potential consequence?
 - a. Lead to stereotyping of the client
 - b. Ensure better care and understanding
 - c. Help in assessing client's culture
 - d. Help build better nurse-client relationship
- **8.** While interviewing a woman who has come to the clinic for a checkup, the woman tells the nurse that she places objects in her environment so that they are in harmony with chi. The nurse interprets this as which of the following?
 - a. Reflexology
 - b. Feng shui
 - c. Therapeutic touch
 - d. Aromatherapy
- 9. The nurse is educating the family of a 2-day old Chinese American boy with myelomeningocele about the disorder and its treatment. Which action involving an interpreter could jeopardize the family's trust in the health care providers?
 - **a.** Allowing too little time for the translation of health care terms
 - **b.** Using a person who is not a professional interpreter
 - **c.** Asking the interpreter questions not meant for the family
 - **d.** Using a relative to communicate with the parents

- **10.** The nurse is striving to form a partnership with the family of a medically fragile child being cared for at home. Which actions on the part of the nurse would **best** support family-centered home care for this family?
 - **a.** Recognizing and utilizing unique family strengths
 - **b.** Ensuring a safe, nurturing environment is maintained
 - c. Maintaining all the high-tech equipment used by the child is in excellent working condition
 - **d.** Correcting inadequate coping methods to aid the family in dealing with a difficult situation
- 11. A home health nurse is assigned to care for a high-risk newborn in the home environment after discharge. For which condition should the nurse monitor the infant?
 - a. Formula intolerance
 - b. Hydrocephalus
 - c. Respiratory distress syndrome
 - d. Spina bifida
- **12.** A 4-year-old child is brought to the clinic by his parents for evaluation of a cough. Which action by the nurse would be *least* appropriate in promoting atraumatic care for the child?
 - **a.** Having the parents stay with the child during the examination
 - **b.** Allowing the child to touch the stethoscope before listening to his heart
 - c. Informing the child that the stethoscope might feel a bit cold but not hurt
 - **d.** Wrapping the child tightly in a blanket to prevent him from moving around

Anatomy and Physiology of the Reproductive Systems

Learning Objectives

Upon completion of the chapter, you will be able to:

- Define the key terms used in this chapter.
- Contrast the structure and function of the major external and internal female genital organs.
- Outline the phases of the menstrual cycle, the dominant hormones involved, and the changes taking place in each phase.
- Classify external and internal male reproductive structures and the function of each in hormonal regulation.

SECTION I: ASSESSING YOUR UNDERSTANDING

Activity A FILL IN THE BLANKS

- The vagina is a tubular, fibromuscular organ lined with a mucous membrane that lies in a series of transverse folds called ______.
- **2.** _____ stimulates the production of milk within a few days after childbirth.
- **3.** The ______, which lies against the testes, is a coiled tube almost 20 ft long that collects sperm from the testes and provides the space and environment for sperm to mature.

- 4. In the male, the ______ is the terminal duct of the reproductive and urinary systems, serving as a passageway for semen and urine.
- **5.** The ______ is the mucosal layer that lines the uterine cavity in nonpregnant women.
- 6. _____ glands, located on either side of the female urethral opening, secrete a small amount of mucus to keep the opening moist and lubricated for the passage of urine.
- **7.** The incision made into the perineal tissue to provide more space for the presenting part of the delivering fetus is called an ______.
- **8.** In the male, the ______ gland lies just under the bladder in the pelvis and surrounds the middle portion of the urethra.
- **9.** The ______ is a pear-shaped muscular organ at the top of the vagina.
- **10.** The ______ is the thin-skinned sac that surrounds and protects the testes.

Activity B MATCHING

Match the hormones in Column A with their functions in Column B.

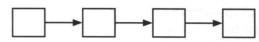
Column A

- ____ **1.** Gonadotropinreleasing hormone (GnRH)
- ____ **2.** Folliclestimulating hormone (FSH)
- ____ **3.** Luteinizing hormone (LH)
- ____ 4. Estrogen
- ____ **5.** Progesterone

Column B

- a. It maintains the uterine decidual lining and reduces uterine contractions, allowing pregnancy to be maintained
- b. It is required for the final maturation of preovulatory follicles and luteinization of the ruptured follicle
- c. It is primarily responsible for the maturation of the ovarian follicle
- **d.** It inhibits FSH production and stimulates LH production
- e. It induces the release of FSH and LH to assist with ovulation

- **2.** Given below, in random order, are pubertal events. Arrange them in the correct sequence in the boxes provided.
 - a. Growth spurt
 - **b.** Appearance of pubic and then axillary hair
 - c. Development of breast buds
 - d. Onset of menstruation



Activity D SHORT ANSWERS

Briefly answer the following.

1.	What is vulva?
2.	What is colostrum?
3.	What are the physical changes observed in
	women during their perimenopausal years?
4.	What is the role of the nurse when caring for menopausal women?
5.	What is the function of the testes?
6.	What is the function of the bulbourethral, or Cowper, glands?

Activity C SEQUENCING

- Given below, in random order, are steps occurring during the endometrial cycle. Arrange them in the correct sequence in the boxes provided.
 - **a.** The endometrium becomes thickened and more vascular and glandular.
 - **b.** Cervical mucus becomes thin, clear, stretchy, and more alkaline.
 - **c.** The spiral arteries rupture, releasing blood into the uterus.
 - **d.** The ischemia leads to shedding of the endometrium down to the basal layer.

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L				