

# NCC EFM Practice Questions and Answers

## (Verified Answers)

1. Which of the following factors can have a negative effect on uterine blood flow?

- a. Hypertension
- b. Epidural
- c. Hemorrhage
- d. Diabetes
- e. All of the above **ANS** All of the above

2. Stimulating the vagus nerve typically produces:

- a. A decrease in the heart rate
- b. An increase in the heart rate
- c. An increase in stroke volume
- d. No change **ANS** A decrease in the heart rate

3. The vagus nerve begins maturation 26 to 28 weeks. Its dominance results in what effect to the FHR baseline?

- a. Increases baseline
- b. Decreases baseline **ANS** Decreases baseline

4. T/F: The most common artifact with the ultrasound transducer system for fetal heart rate is increased variability **ANS** True

5. T/F: All fetal monitors contain a logic system designed to reject artifact

**ANS** -

True

6. T/F: Fetal arrhythmias can be seen on both internal and external monitor tracings **ANS** True

7. T/F: Variability and periodic changes can be detected with both internal and external monitoring **ANS** True

8. T/F: Variable decelerations are a vagal response **ANS** True

9. T/F: Variable decelerations are the most frequently seen fetal heart rate deceleration pattern in labor **ANS** True

10. Etiology of a baseline FHR of 165bpm occurring for the last hour can be:

1. Maternal supine hypotension
2. Maternal fever
3. Maternal dehydration
4. Unknown

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a. 1 and 2

b. 1, 2 and 3

c. 2, 3 and 4 **ANS** 2, 3 and 4

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11. The most prevalent risk factor associated with fetal death before the onset of labor is:

- a. Low socioeconomic status
- b. Fetal malpresentation
- c. Uteroplacental insufficiency
- d. Uterine anomalies **ANS** Uteroplacental insufficiency

12. Which of the following conditions is not an indication for antepartum fetal surveillance?

- a. Gestational hypertension
- b. Diabetes in pregnancy
- c. Fetus in breech presentation
- d. Decreased fetal movement **ANS** Fetus in breech presentation

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13. Which of the following does not affect the degree of fetal activity?

- a. Vibroacoustic stimulation
- b. Smoking
- c. Fetal position
- d. Gestational age **ANS** Vibroacoustic stimulation

14. T/F: Umbilical cord influences that can alter blood flow include true knots, hematomas, and number of umbilical vessels **ANS** True